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The Montclarion, March 21, 2013

The Montclarion

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The Montclarion

The Student Voice of Montclair State University Since 1928

Volume XCII, Issue 20

THURSDAY, MARCH 21st 2013

THEMONTCLARION.ORG

Thursday 37° 30% Friday 44° Saturday 46° Sunday 46° Monday 42°

Reunited and It Feels So Good



Computers in all of the MSU department offices use Oracle software. The Montclarion | Lynka Tanaka

Kelly Potts
Staff Writer

The legal case between Oracle and Montclair State University, which began in 2011 over a failed Enterprise Resource Planning system deployment, has recently been resolved amicably between the two parties outside of court.

The joint press release regarding the solution of the litigation stated, “Montclair State University and Oracle America, Inc. are pleased to announce that they have amicably resolved their dis-

pute. Both entities are now looking toward the future of their relationship.” The logos of both MSU and Oracle were on the release. The terms of the resolution were not revealed.

The dispute began in April of 2011 when MSU filed a suit in the U.S. District Court of New Jersey. MSU accused Oracle of a breach in contract, gross negligence, willful misconduct and fraud.

A countersuit was filed by Oracle in May 2011 in which they claimed that

Oracle continued on Page 5.

The Future of Media For Viewers Like You



Merril Brown introduces Paula Kerger, president and CEO of PBS. The Montclarion | Catherine Baxter

Ethan T. Fria
News Editor

Paula Kerger, president and Chief Executive Officer of PBS, discussed the future of journalism, documentaries and the methods of storytelling on multiple platforms on Tuesday in University Hall.

Kerger said that PBS attempts to integrate social media into their programming, stating that one of their biggest commercial successes, *Downton Abbey*, was due to the exposure it had on social media sites.

“[Social media] created a whole conversation around a show,” Kerger said.

Because of a lack of funding for exposure and the rise of popularity in reality television shows, Kerger emphasized the importance of releasing PBS content on multiple platforms.

“Tablets are extremely important for media moving

PBS continued on Page 5.

To Charter or Not To Charter



SGA meetings are where prospective organizations vie for membership. The Montclarion | Ethan Fria

Padraigh Gonzalez
Contributing Writer

Creating a chartered organization is no simple task at Montclair State University. However, various organizations have recently complained that some processes they go through in order to become chartered, or to even host an event after becoming chartered, is too long of a task. Even so, both

the Student Government Association and students on campus have a specific routine that they must go through in order to create a chartered SGA organization.

In regards to the process the SGA requires for organizations to become chartered and a full member of the MSU community, SGA’s Kristen Bunk, President Pro-Tempore, was able to explain the process.

“The chartering process requires that you fill out two forms which you need for your organization to charter itself at MSU,” said Bunk. “The charter packet is one half of the forms which requires a student to list the people involved in the organization and what the group is going to be about. The second half of the form

SGA continued on Page 5.

What’s in Your Food?



Although the calories are listed, many places, including Sam’s Place, don’t display more detailed information of their food. The Montclarion | Lynka Tanaka

Erin Pedrini
Staff Writer

A petition has been started to get food venues on campus and around campus, to include nutrition facts that are important for students with diabetes and other health restrictions.

The petition was started

by student Nicole Wheeler, a diabetic who has a difficult time finding places where she can safely eat.

“It is so hard to go out to eat and guess what the carbohydrate count is in each item you have to eat,” said Wheeler.

The nutritional infor-

Nutrition continued on Page 5.

Spring Into Training

Meditation on Campus Creates Mindfulness at MSU

Food for Thought: Facts for the Body

Ride Into The Theatre With Equus

Rec Center Celebrates 5th Anniversary

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Pelican Police Report



On March 6

Police responded to a report of a suspicious male taking pictures in the Bursar’s office. The male was not located and his purpose for taking the pictures is unknown. This matter is under investigation. (building #17)

On March 7

Rayshawn Nero, 25, of Paterson, was arrested on outstanding warrants out of Paterson. Paterson Police Department took custody of him and transported him back to their department for processing.

On March 7

A male student reported a suspicious male approaching him and handing him unwanted literature. This matter is under investigation.

On March 6

A staff member reported a plaque that was taken from the inside of Calcia Hall. This matter is under investigation. (building #36)

On March 7

A male student reported the theft of his unsecured Macbook from the locker room of the Student Recreation Center. This matter is under investigation. (building #57)

On March 13

A male student reported the theft of two of his art sculptures from inside one of the galleries in Calcia Hall. This matter is under investigation. (building #36)

Anyone who has information regarding these incidents is urged to call the police station from any campus phone at T-I-P-S (8477). All calls are strictly confidential.



Local

National

International

- A national survey of county health statistics conducted by the Robert Wood Johnson Foundation and University of Wisconsin voted Hunterdon County as the healthiest county in New Jersey for the fourth consecutive year.
- President Obama endorsed the mayor of Jersey City for re-election. Mayor Jerramiah Healy is running for a third term and is facing three challengers in the May 14 election. Healy was a supporter of Obama during the 2008 Democratic primaries.
- On Monday afternoon, a Sussex County teenager was arrested and charged with criminal mischief and disorderly conduct for imitating the “Gallon Smash” prank video that has gone viral on the Internet. The prank involves taking two gallons of milk, smashing them on the ground and then falling to the floor as if it were an accident.
- Ranking Republican Senator Tom Coburn questioned Sandy debris removal costs in New Jersey. The Senate Homeland Security and Oversight Committee, which oversees federal recovery efforts, expressed concern over the costs of debris removal firm AshBritt, which was awarded a no-bid contract by Gov. Christie to clean up after Hurricane Sandy.
- This past winter has been the second costliest for snow removal on record. The State Department of Transportation’s snow bill was \$50.8 million for materials, labor and equipment.

- The executive director of Colorado’s prison system was shot dead at his home on Tuesday. An unidentified assailant shot and killed Tom Clements as he answered the doorbell at his home. The authorities have no leads to any suspects so far, but a manhunt has been initiated.
- A vicious fire erupted in Accomack County, VA on Monday. No deaths or injuries have been reported. However, officials suspect a group of arsonists are responsible for the fire, as over 70 fires have been reported in Accomack County since November.
- Two high school football players in Ohio were convicted of rape on Sunday. Ma’lik Richmond, 16, was sentenced to a minimum of one year while Trent Mays, 17, was sentenced to a minimum of two years, getting an extra year for taking photos of the naked 16-year-old victim.
- Seven Marines were killed Tuesday during a training exercise in Nevada. A violent explosion occurred during a training exercise at Hawthorne Army Depot in western Nevada. The cause of the explosion is being attributed to a 60 mm round that detonated inside a mortar tube.
- The former governor of South Carolina won an initial Republican primary on Tuesday night for a congressional seat. Mark Sanford, who had an extramarital affair while claiming to be hiking the Appalachian Trail, is now staging a political comeback. Sanford won 37 percent of the vote, which exceeded expectations.

- President Obama visited Israel for the first time since his inauguration in January. The President met with the Prime Minister and President of Isreal and reaffirmed the U.S. alliance with Israel. Israeli President Shimon Peres expressed confidence in U.S. foreign policy.
- Pakistani education activist Malala Yousafzai has resumed schooling in the UK 5 months after being shot by a Taliban gunman. The 15-year-old has become a global figure of the campaign for girls’ right to education. She has been nominated for a Nobel Peace Prize.
- Pope Francis calls on global leaders and people of the world to defend the poor and the weak. Former Argentinian Cardinal Jorge Mario Bergoglio has been elected as the first Latin-American pope this month. There is much expectation over what changes will be brought to the papacy and the Catholic Church.
- The International Monetary Fund chief’s home was searched in a corruption probe by the French police this Wednesday. Christine Lagarde is being investigated after her decision to order a panel of judges to arbitrate in a dispute between disgraced tycoon Bernard Tapie and the bank Credit Lyonnais, which led to Tapie being awarded almost \$500 million. Lagarde has denied any wrongdoing.

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The Montclarion

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Corrections

In the March 7th edition, the quote by Little Falls Fire Chief Jack Sweeny was originally from Passaic Valley Today.

The Montclarion willingly corrects its factual errors. If you think there is a mistake in a story, please call Editor-in-Chief Lori at ext. 5230.

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DEADLINES

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PBS

Continued from page 1

forward. We are increasing production in a digital space,” said Kerger. “We started building everything as multi-platform, started building games into online content, working with smartphones and exploring that [digital] space to build content.”

She described the PBS arts series that was exclusively online and also the several hit videos, or “remixes,” of popular PBS shows. Two examples currently posted involve Fred Rogers and Julia Child with their voices auto-tuned. These types of viral videos create a buzz, as most of this type of exposure is nearly free publicity.

An online film festival that PBS is hosting is expected to draw in fans.

Kerger went on to express the need to reimagine the PBS Kids programming block and how they are adapting it to the new digital landscape. “We began to focus on younger kids, under [ages] 6 or 7. Our core curriculum focuses on literacy. The online environment allows us to be truly educational. Averaging a hundred million kids streaming content, most of the hits and views come from families where the smartphone is their computer.”

Finally, she expressed the difference between PBS television shows and the more commercial television that

has abounded. Programs such as TMZ and the ex-art channel Bravo have more or less sold out as they have discovered the profit margin of reality television.

“We don’t schedule based off success, but the quality of the show. We look at each night individually. We judge based on audience reach, awards, number of media attention paid and whether we can quantify any kind of impact,” Kerger said. PBS makes content that is engaging, entertaining and informative.

Sean Maher, a junior film major in attendance, was inspired by Kerger’s speech. “The speech really opened the eyes of young media, film and broadcasting students to how the world of media is changing in front of us.”

Kerger concluded with a proclamation of both the integrity of PBS television and a vision of what is to come for journalism. “We are a democratic nation and so is our public broadcasting. Our stations are rooted in communities and our stations reflect the people of our communities. The idea of bringing together radio, television, online media sources—that’s where the future of journalism lies.”

Nutrition

Continued from page 1

mation that Wheeler said is important for restaurants to display from a diabetic’s standpoint are the carbohydrate count and the amount of sugar in the food.

“Diabetics give themselves insulin based on the amount of carbohydrates consumed, and if they are unaware of that count, then they begin to guess the amount of insulin to inject,” Wheeler said. “This could cause serious high blood sugars or very low blood sugars. Both can damage the brain or organs in the body.”

For a diabetic, this is a very serious risk that could be more easily avoided if the carbohydrate and sugar information was provided for them and would help diabetics feel safer when eating around campus.

Wheeler said, “I would literally break down in tears over the fact that my diabetes was controlling my life and that places were not making it any easier.”

If the petition succeeds, it would help make the diabetic’s already difficult life a little easier.

“I hope that the petition will help campus dining and other restaurants notice that nutrition facts on all their items are a serious need for those with a disease like mine,” Wheeler said.

Around campus, progress

to help diabetics has yet to be seen. Wheeler said, “I already spoke to the general manager of Sam’s Place and it started there, but all other dining facilities do not have it yet.”

“I started the petition with

“I would literally break down in tears over the fact that diabetes was controlling my life, and that places were not making it any easier.”

-Nicole Wheeler

the intention of starting on campus and moving to other restaurants,” said Wheeler.

Some restaurants around campus have already started to provide the information needed for diabetics.

Wheeler said, “I know Applebee’s, Houlihan’s and Joe’s Crab Shack [provide the information for diabetics], and

the website Calorie King helps with many items and includes some restaurants.”

Wheeler is getting a lot of positive feedback and support. “It’s going over very well with so many people, and everyone that comments and signs it seems to love the idea and concept,” she said.

So far, the online petition has reached 91 supporters. The more supporters, the better the odds are that the petition will be successful. There is no set amount of supporters that Wheeler needs to reach to accomplish this goal, but every supporter counts and will help the cause.

Wheeler is still in the process of researching how long it will take for the petition to go through and for campus dining and surrounding restaurants to put it in effect.

“I estimate a few months, but I am still looking through information,” Wheeler said. “Nutrition facts are a very important part of the lives of people in America and providing this little information could help change the lives of millions.”

To find out more information, sign this petition and support this cause, go to change.org/petitions/dining-out-with-diabetes.



Oracle

Continued from page 1

MSU’s charges of legal fraud and gross negligence were false, saying that University officials did not fully comprehend the necessary steps that had to be taken to complete the software.

In December 2011, MSU added to its charges against Oracle which were intentionally false statements as an effort to extort millions of dollars. Judge Freeda Wolfson dismissed the claims of fraud and negligence against Oracle, but the University’s breaches of contract claims against Oracle were still an issue.

Enterprise Resource Planning is a management program that organizes a system of integrated applications that are used throughout the business. The features that this software can typically include are development, manufacturing, sales and marketing.

The deal, which was supposed to manage everything for students and faculty, including records to student budgets and payroll to admissions, was worth nearly \$20 million. By implementing the software, called PeopleSoft, our campus would have had a new computer system within about 25 months.

The project to apply this new software was underway, but came to an end after a series of missed deadlines, failed tests and arguments between both parties in 2010. Ultimately, Oracle ended up walking away from the

assignment when MSU declined to pay \$8 million more than the fee the two had previously agreed on.

Montclair State officials from the University Council declined to give a comment on the dispute or what the future holds for the two.

In regard to the campus’ CRP moving forward, the university is now implementing a program called OneMontclair. On OneMontclair’s webpage, it states the following: “Updating our business systems gives us the opportunity to integrate and streamline processes across the campus, elevating the way we conduct business and serve our customers.”

It also states that over the upcoming years, the technology of budget and planning, financial services, human resources and student services will all be improving.

The webpage includes a question and answer section with Sam Bakane, executive director of OneMontclair, in which he states: “Our broad objective is taking a systematic approach to reengineer the processes and replace obsolete technologies for our core administrative areas so we can be a more operationally efficient and effective organization.”

Because of the university’s growth and needs, this program will be improving those four primary areas to ensure better quality service for everyone involved.

SGA

Continued from page 1

is the Constitution.”

All organizations get a template of a constitution because all organizations must have their activities open to the entire campus. Upon filling out these forms, they are handed to Bunk; she will help them with the process of getting their clubs past the legislators at MSU.

Bunk, along with the Constitution Review Board, will review their forms along with any other materials that the organizations have. This can range from just the two packets to include also a budget portfolio, events that the organization is planning and even financials of the group.

The Constitution Review Board along with Bunk is there so that an organization can be prepared when they need to talk in front of the legislators. Bunk stresses two important aspects: “Presentation and preparedness. Those giving the presentation should look official and should be able to answer any of the legislators’ questions.”

Any recent changes that could have caused this recent dispute could simply be that there is a difference of communication. According to

Bunk, there is more communication between the organizations and the President Pro-tempore, along with the Constitution Review Board and even the legislators.

“The process is not the real issue,” said Bunk. “The real issue comes with who you are dealing with. Who is the President Pro-tempore? What are they looking out for? Is the Constitution Review Board looking out for the organization or is it just flipping through the pages and sending them off? Are the legislators paying attention to the organization’s presentation? All of these factors can change how much the system works.”

To boil it down into a short statement, it all depends on if the people in charge have adequate knowledge of how the system works and if the people starting the organization have the focus and drive to make it work.

Matthew Chung, president of the newly-founded Fencing Club, very much agrees, stating, “It was quite easy to create the Fencing Club organization. We received a lot of help from the Constitution Review Board, and

safe to say that we probably wouldn’t have been chartered without them.”

However, other students are not so convinced. A few organizations believe that even after they have been chartered, the process to have any sponsored events on campus through SGA or with extra funding is extremely long and complicated.

One organization, who chose to remain unnamed, believes that the “process is complex and prevents many organizations from hosting their own events.” The same organization also believes that since the organizations get threatened with decharterment, they have no choice but to abide by the “strenuous” process.

Regardless of how organizations feel, this process is something that helps keep the SGA and the organizations that fall underneath them in check. Organizations are reminded to stay in contact with the SGA with any questions they may have.

Additional reporting by Catherine Baxter.



Students are reminded to visit the SGA office, located in the Student Center Annex, to get more information on being chartered or to speak to an SGA e-board member.

The Montclarion | Lynka Tanaka

Spring Into Training



Police training taking place at TCNJ. These sessions help police with their response abilities in close quarters.

Photo courtesy of flickr.com.

Jonatas Ferreira
Staff Writer

Last week, while students were away during spring break, The College of New Jersey police officers, Mercer County sheriff officers and New Jersey State Police had the opportunity to initiate active shooter training.

The Trenton Times reported that the training took place on the TCNJ campus in Ewing. Officers used modified weapons that fired “soap bullets,” or paintball bullets that splatter red on impact.

With the help of the State Police, campus police and county officers were trained in fake scenarios that included civilians and a shooter. The unpredictable nature of such an event was emphasized.

Officers were sent into buildings in which State po-

lice, posing as innocent civilians and shooters would await them. The purpose was to prepare the officers for any possible event.

TCNJ student Stephen Fabiano stated that campus police tend to be reliable and that there have been few incidents of any kind in the past. “Preparation can’t hurt,” Fabiano said.

However, this form of training is not new to college campuses.

The Montclair State police department has held similar training sessions once a year for about five years now, reports Lieutenant Kieran Barrett.

Lt. Barrett said that the campus police typically train with other local officials such as Essex County police officers.

Training typically takes place during winter break and is done in buildings throughout campus, includ-

ing Bohn Hall and Blanton Hall.

Police officers also train for bomb threats and other possible disturbances that may have unpredictable circumstances.

New Jersey colleges are reviewed yearly by the New Jersey Campus Security Task Force, which reports the state of security of New Jersey colleges to the governor. The Task Force also offers recommendations, live shooter training being one of them.

Former Governor Jon Corzine established the Campus Security Task Force in the wake of the Virginia Tech Massacre in 2007.

Live shooter training will continue to be a part of campus police training in the future, as officers will continue to prepare for unexpected and unpredictable events.

Attention students! Visit montclair.edu to vote for next year’s SGA e-board. Polls are open from midnight on March 20th until next Wed, March 27th at noon.



Candidates are:

President
George Juzdan
Alan Akins

Vice President
Mohammad Ramadan
Angel Williams
Kristen Bunk

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Photo courtesy of Danielle Ferriola

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Feature

WHAT'S TRENDING?

Spring Fashion Savings

Denise Potter
STAFF WRITER

You've seen the trends. You know what you like, what you don't like and what you just have to have. Now that spring is right around the corner, all that's left to do is shop.

While this is usually your mecca, cardio and therapy all wrapped into one, a fashionista must remember the considerable hardship that buds every spring: high prices for top style. It's easy to get overwhelmed when staring at the brilliant new looks fresh off the runway. However, as easy as it is to get lost in the fabric frenzy, you have to use your mind and top-notch bargaining skills. Otherwise, you'll end up in diabolical debt.

A chic girl's rule of thumb: Just because it looks to die for in the dressing room, does not mean your bank account should die for it later. If you find a bold-printed pencil skirt that's just your size but way over your budget, put it on hold. Yes, this one is for you impulse-buyers: you can actually put garments on hold, shop around the rest of the mall to find a better deal and can come back to buy or deny it later. It's the shopping equivalent of "sleeping on it," and it's just as healthy for the mind, body, soul and wallet.

You never know what you'll find at the other side of the mall, either. You may be surprised with how bargain-savvy you really are while styling an Aztec print cotton miniskirt from Charlotte Russe for just \$12.99. If the recent runway looks have you seeing stripes, head on down to Forever 21. For a whopping \$15, you can give yourself a coral striped maxi dress that's perfect for the warm weather. These are a few prices that won't break your bank or your spirits.

Who said leather has to be expensive? Don't be an April fool by dropping three figures on outrageous outerwear when you can look just as irreplaceable in a spring steal. Forever 21's pointed hem motorcycle jacket is just \$15.99, leaving you tons of extra cash left over for bags, shoes and accessories. Go on, indulge without the splurge.

And for those of you who can't resist rocking a floral print for springtime, as it happens to be a fashion must-have this season, head to your local Express and let your flair bloom. For just \$29.99, you can own a hibiscus floral pencil skirt.

If neons are calling your name, try the stretch cotton skater dress in a bold yellow for just \$27.93. If you decide the fluorescent look just isn't for you, Express carries the same knockout dress in virtually every color. Find your very own shade of fabulous.

With spring officially started, it's best to pace yourself in the fashion glory and keep your eyes focused on the deals. Remember: The only thing that's going to be a knockout this season is your outfit of the day, not your spending habits. Take a deep breath and dive in. The best spring deals are waiting for you, just as long as you aren't afraid to search beneath the surface.



Photo courtesy of forever21.com

Coral Maxi Dress
Forever 21
\$15



Photo courtesy of charlotterusse.com

Aztec Print Miniskirt
Charlotte Russe
\$12.99



Photo courtesy of forever21.com

Pointed Hem Motorcycle Jacket
Forever 21
\$15.99



Photo courtesy of express.com

Stretch Cotton Skater Dress
(available in an assortment of colors)
Express
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Meditation on Campus Creates Mindfulness at MSU

Chelsea Durocher
CONTRIBUTING WRITER

Meditation is a mind-body practice that leaves one clear, rejuvenated, empowered and inspired. The Center for Faith and Spirituality at Montclair State University offers about 115 meditation services per year.

Students can take advantage of these services to spark their intrinsic curiosities while opening their minds and their hearts. Meditation can be done through breathing, chanting, praying, focusing, contemplating arts and dancing.

Dr. Esmilda Abreu, chair of the Council for Faith and Spirituality and Director of Equity and Diversity, says meditation is especially beneficial for college students. “The benefits of understanding your conscious and subconscious mind are endless,” said Abreu.

Some of these benefits include clarity, focus, gratitude, memory improvement, blood pressure improvement, skin health, reparation benefits in the body, stress management, anxiety diminishment and appreciation. The benefits of meditation can aid students both academically and in their co-curricular activities.

A weekly meditation practice is hosted every Tuesday in Sprague Library on the first floor from 4 p.m. to 5 p.m. by Buddhist Lori Petrozzello. Petrozzello says about twenty students come out each week to practice in a quiet, dim-lit room.

Each class begins with a ten-minute relaxation period to let go of the day and become present. This is followed by a lesson on a topic Buddha taught. The class ends with a final meditation practice.

Whether looking to develop a practice, feel less lonely, connect to others or join a community of like-minded people, “Meditation is what you are looking for,” said Petrozzello, who practices meditation every day. “Meditation helps familiarize the mind with something virtuous and absorbs it into the heart so it becomes part of our everyday lives.” Some of these virtues include patience, kindness, compassion and openness.

Michael Lees, a professor of religion at MSU, begins every class with a ten-minute meditation session. Lees has been doing this for as long as he’s been teaching. He claims the practice is beneficial for both students and teachers because it allows everyone to settle their thoughts and approach the task at hand.

“Living in a fast-paced world and racing to class at 70



Photo courtesy of pimgmhealth.com

Don’t let the stress of school take over your life.

miles per hour, we seldom give ourselves the chance to just sit for five minutes and breathe,” said Lees. “An exercise like this helps us do exactly that.”

Lees has received positive feedback from students and some even continue the meditation practice after class ends. “The awareness for space, place and breath that a meditation practice cultivates settles the mind and allows for attentive and reflective thoughts,” said Lees.

This kind of space and place in the mind is a great way to work with learning.

He recommends this exercise to other professors as a great classroom dynamic to get all the students on the same page before delving into lectures.

Julian Cabrera, an undergraduate psychology major, meditates regularly. When asked what motivates him to practice, Cabrera stated, “Meditation helps me gain a better understanding of my actions, thoughts and self as a whole.” Cabrera recommends meditation for everybody.

Stephanie Ozuna, who double majors in psychology and Italian, said meditation

clears and cultivates her mind to help her ease through everyday situations. Ozuna described the practice as “self-therapy.” She has gained a deep sense of self love through meditating. “It opens my eyes to the beauty of being alive, in our simple yet complicated world,” said Ozuna.

Handouts and brochures on meditation are free at the Center for Faith and Spirituality. “A student can also meet with various practitioners, teachers and chaplains that practice it,” said Abreu.

With growing interest, meditation is becoming popular on MSU’s campus. Mindfulness and mind training are the key components in the meditation practice. “It’s like going to the gym to your open heart,” said Petrozzello.

Give us your feedback!
Comment Online
themontclarion.org

National Nutrition Month

Eat Right, Your Way, Everyday

Alexis Fissinger
STAFF WRITER



March is National Nutrition Month, and this year the theme is all about personalization. Registered dietitians now agree that the best healthy diet for you has to incorporate some of your favorite foods.

Last February, the Academy of Nutrition and Dietetics announced that their newly modified position on healthy eating no longer focuses on defining foods as good or bad. Rather, all foods can be a part of a healthy diet if they are consumed in moderation and are complemented by daily physical activity.

This “Total Diet Approach” was adopted after studies found that a healthy lifestyle was maintained more effectively when it was realistic to that person’s lifestyle, culture and taste preferences.

So think twice before you deprive yourself of your cultural dishes or swear off your favorite foods. Instead, focus on consuming them in moderation and with proper portion sizes.



Eating Right for the College Student

Dorm Dining:

Keep some healthy snacks in your room for when you get hungry in between meals. This will prevent you from heading over to the dining hall where the overwhelming amount of prepared food could entice you to overeat. When grabbing a meal, start with the salad bar and then decide how hungry you are before

going up for your main course. Unsure about how healthy your dining hall choices are?

Check out the nutrition facts of meals that you commonly consume. Information about all of the food on campus can now be found through the MSU Dining Services webpage or online at tomorrowstarts2day.com/calculator.html.

Commuter Choices:

Invest in a good lunchbox. Packing a lunch will do more than just provide you with a healthier meal. It will save you a lot of money. For healthy snacking on campus, fresh fruit, carrot and celery sticks, granola bars and Greek yogurt are some good choices to hold

you over. Grab a piece of fruit from home or pack a small snack bag of your favorite mix of fresh cut veggies, nuts or a handful of whole grain cereal. Eating this as a little snack on the way back to your car will keep hunger at bay and prevent you from overeating when you get home.

On a Budget:

Whether living at home, in an apartment or in a dorm without a kitchen, we are all in need of food and bargains. Being healthy does not mean that you have to buy organic and fresh produce all the time. Stock up on canned vegetables and frozen produce when they are on sale. You will get the same health ben-

efits for a cheaper price. When choosing fresh produce, buy the whole product, not pre-cut platters which are much more expensive. When it comes to most packaged products, especially dairy and grains, larger is cheaper. Split the price of one large container with your roommates instead of each of you purchasing a smaller version.



Photo courtesy of bascamonhurch.org

Things To Keep in Mind:

Variety:

Remember your five food groups: fruits, vegetables, grains, proteins and dairy products. Make an effort to consume a healthy balance of these foods throughout the day and at each meal.

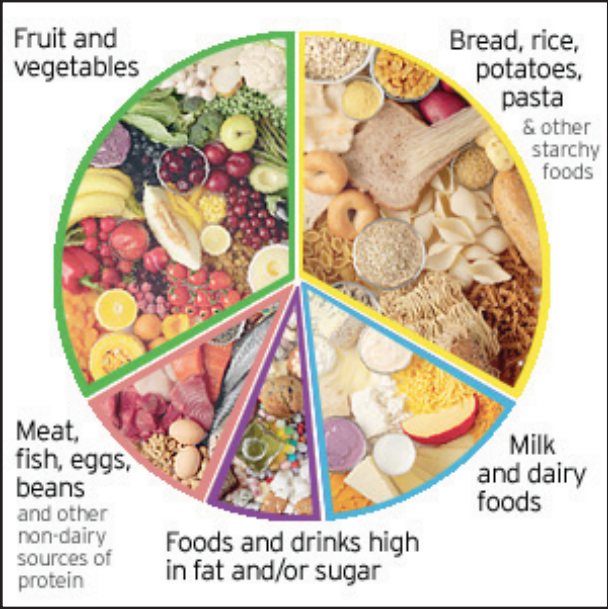


Photo courtesy of sites.kingshester.co.uk

Portion Size:

Remember that old saying, “our eyes are bigger than our stomachs?” Well, this is true, but we often do not realize it until after we have stuffed ourselves. So plan to leave some white space on your plate. You can always go back for seconds if you find that you are still hungry. Instead of whipping out the measuring cups at a formal meal, use mnemonics. For example, a serving of meat will look like a deck of cards, a portion of cooked pasta should fit into the size of a baseball and a serving of ice cream is about the size of a light bulb.

Benefits of Apple Cider Vinegar

Dana Baardsen
STAFF WRITER

An apple a day keeps the doctor away, right? So can vinegar do the same thing, too?

Apple cider vinegar is created after the apples undergo fermentation. During the apples' fermentation process, their natural sugars turn into alcohol. Prolonged fermentation is what actually takes the product a step further, creating the vinegar.

The acetic acid in the apple cider vinegar creates antiseptic and antibacterial properties which make it a great healing product. It can be ingested or topically applied.

One of the most well-known benefits of apple cider vinegar is its ability to promote and aid weight loss.

"From my experience with wild apples, I can understand that there may be reason for a savage's preferring many kinds of food which the civilized man rejects. The former has the palate of an outdoor man. It takes a savage or wild taste to appreciate a wild fruit."
— Henry David Thoreau, Wild Apples



Photo Courtesy: atwebind.com

If you have interest in trying it, you have a few options. Apple cider vinegar is actually sold in pill form, but if you want to indulge naturally on a daily basis, I would recommend adding a splash of the vinegar to a glass of water or fruit juice.

Do not take apple cider vinegar straight because the acidity can damage the linings of your throat and digestive tract. I wouldn't recommend mixing more than one tablespoon (three teaspoons) into your drink.

If you are applying the product topically to your skin or scalp, mix it with water first to see how your skin reacts. Remember, "everything in moderation."

Apple cider vinegar has a lengthy list of health benefits. Some health claims include:

- Ridding toxins from the body
- Relieving allergies
- Lowering cholesterol
- Aiding fat breakdown
- Clearing acne
- Easing digestion / Preventing stomach illness
- Regulating pH balance in the body
- Relieving migraines
- Slowing the growth of cancer cells
- Destroying dandruff



Photo Courtesy: earthimages.org

THE WEEKLY DEBATE

How far can you go with an April Fool's Day prank without crossing the line?

HE SAID

It's that time of year again. Suddenly, pulling pranks on people is globally accepted, so everyone is fully embracing the pure evil within us all. I was never a fan of April Fools Day. No, I don't want to come into work and see my computer and desk covered in sticky notes or have someone swap the cream in my Oreos with toothpaste (not to give you any creative ideas). Let April Fools Day be the day you learn to appreciate boundaries. There is a limit, like putting my health in danger or annoying me to point where I put your health in danger. Just respect that.



SHE SAID

I would say that any prank that involves being naked in front of anyone who hasn't already seen you naked is a prank gone too far, as well as anything that causes traumatic experiences to resurface. For instance, if a rabbit gnawed my leg off, to wake up to a hundred stuffed (or real) rabbits in my bed would probably be a scarring experience and should be a no-go. Anything that jeopardizes a job or relationship is also off-limits.

Ultimately, I would say that if I break a bone, lose a job or have to go back to therapy, then the prank has gone too far. Everything else, however, gets a green light.



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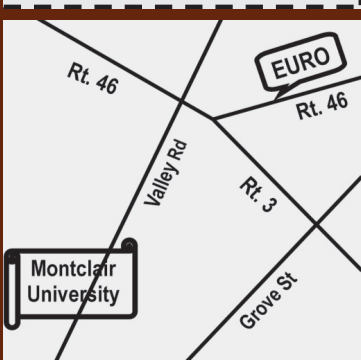
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Feature

Blogging From Abroad

St. Patrick’s Day in Ireland and adventures around the Emerald Isle

Adriana Szaboova
STAFF WRITER

These past two week-ends, both Sierra Johansen, an MSU student, and I decided to do some impromptu travelling. Two weekends ago, we decided to take a cross-country trip across Scotland.

We started by taking the Megabus from Newcastle to Aberdeen. Even though the trip took almost six hours, it was worth it when you compare the price of train tickets. We then headed west, taking the most scenic route. Our first stop: Loch Ness.

Loch Ness, home of the famous Loch Ness Monster, or Nessie, is definitely a place that should be on everyone’s sightseeing list. At the base of the Loch lies a beautiful town called Fort William.

A bit further up the Loch is Urquhart Castle. Its ruins have been beautifully restored. Even though it does cost about £14 to get in, you get your money’s worth. Another option was to buy an explorer pass for £18, which gave unlimited access to a number of castles, abbeys and cathedrals across Scotland.

The next day, we headed north to the Isle of Skye to Kilt Rock Falls. This is a waterfall off the edge of a massive cliff into the Atlantic Ocean. The view was absolutely breathtaking.

On that night, we managed to find a hotel which we later realized was at the base of Ben Nevis, the highest mountain in the UK. The view from the base was amazing. We’re even considering plan-

ning a return trip to hike up Ben Nevis sometime in May.

On our last day, we made our way to Stirling Castle and the William Wallace Monument. We also made a bonus stop at Doune Castle, the castle where *Monty Python and the Holy Grail* was filmed.

The castle itself was almost a trip back in time. There were actors dressed as the royal family and court members walking around and making history fun. They knew all the facts and stayed completely in character. The castle was also very well preserved and let you in on some amazing things that happened during its peak use.



Urquhart Castle on Loch Ness.

On the following week-end, all 16 international and exchange students ventured to Dublin, Ireland for St. Patrick’s Day.

There was live music in every bar, usually traditional Irish music, and dancing. Everyone was so welcoming

and nice. It was also almost impossible not to run into another American there for the weekend.

The following morning, we took a Paddywagon tour to the Cliffs of Moher on the opposite end of Ireland. Our bus driver and tour guide taught us Gaelic and traditional Irish songs and told us things about the Irish culture that no one else did. We saw the whole of Ireland and all of its beauty.

The next morning, we took a walking tour of Dublin. We travelled around the city center, passing places such as Dublin Castle and City Hall. We even found St. Patrick’s Cathedral. It was absolutely magnificent, especially when lit in green every night.

True to the tales, Dublin does indeed light itself green for St. Patrick’s Day weekend. The streets were lit in green and all the tourists and locals were dressed in green garb for the festivities.

St. Patrick’s Day in Dublin was a sight to see. A sea of green engrossed the whole street and you could not move anywhere. After the parade was over, everyone took to the streets in a massive party. We had an early flight home the next morning and headed to Dublin Airport and back to Newcastle.

With only three days left before our three-week Easter holiday, you can be sure that we have many more adventures to come. Next up: Paris, France and Cologne, Germany.



Above: Kilt Rock Falls on the Isle of Skye.

Left: (from left to right) Ann, an Erasmus student from Cologne, Germany, Adriana and Sierra during St. Patrick’s Day



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Odds of a child becoming a top fashion designer: 1 in 7,000

Odds of a child being diagnosed with autism: 1 in 110



HOROSCOPES

By Madame Carley



Aries March 21 - April 19

Something that you have been putting off for a long time will turn out to be an opportunity to befriend others whom you normally don't associate with.



Taurus April 20 - May 20

Putting yourself in another's shoes is a good way to understand their actions. You will find it useful this week, as it will help in avoiding misunderstandings with friends.



Gemini May 21 - June 20

You will benefit from something that you have done a few weeks ago. Even though you may believe that certain things aren't worth trying, remember that any amount of effort always counts for something.



Cancer June 21 - July 22

Think twice about the words you say when explaining your difficulties and problems to others as they can become defensive. Be cautious in avoiding trouble.



Leo July 23 - August 22

Seeing that spring is here and that the climate will be changing, you may feel the need to change as well. Perhaps a new look or a new environment will satisfy this new ambition.



Virgo August 23 - September 22

Counting down the seconds, minutes and hours for something to come, may sound great but really isn't. Remember that patience is a virtue and that time will only fly by if you keep your mind on many things. After all, a watched pot never boils.



Libra September 23 - October 22

Do not be quick to judge, for those who you assumed were bad could turn out to be good, and those who you deemed good could turn out to be bad. Keep in mind that looks could be deceiving.



Scorpio October 23 - November 21

Although you have never been great at choosing between two options, a decision of yours will become very clear this week.



Sagittarius November 22 - December 21

You will be completely booked this week. However, it should be fun. Just be cautious when planning out how to spend your days. You do not want to overwork yourself and make promises that you cannot fulfill.



Capricorn December 22 - January 19

A last-minute change of plans will not be as bad as you thought it would be. Believe it or not, sometimes the best plans are the most spontaneous ones.



Aquarius January 20 - February 18

A friend who has been acting strange will surprise you. While it may be a good surprise, it is also a secret, so keep your word in maintaining its secrecy.



Pisces February 19 - March 20

Something out of the blue will make you notice a person whom you have never bothered to pay attention to. This could be the start of a new friendship or perhaps something better.

Hum Bucking Harold

Sheriff Harold

Pancake

Abigail

Them Coyotes

Ok boys, we have strict contracts to fulfill.

We have 2 weeks to before they expire and I got a plan to get Harold once and for all .

First we break into the Sheriff's office after hours.

Then we have a serious jam sesh to connect with our inner voices.

We set up the trap.

err Hey Abigail, Yeah its me, Harold. Can you bring me 10 gallons of banana gelato? ... I know its late ...

Ha Ha Ha Ha Ha

Finally we re-feng shui the room.

Sounds like a dumb idea and I like!

We'll have to act fast before the rooster lays the egg.

Check out the earlier episodes on erickerke.blogspot.com

THE RED HAWK PALS

By ASHLEY MATARAMA

Why are you wearing your PJs?

With classes back in session, my sleeping patterns are off.

Power naps, coffee, and... excellent, you're napping already.

ZZZ...

ROCKY

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I ♥ ROCKY

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Food For Thought: Facts For The Body

Question Of The Week

Do you think it should be mandatory for nutrition facts to be posted in campus dining facilities?



Angelo Bautista
Sophomore
Biology

"I think that it's important to display nutrition facts in eateries because people

with dietary difficulties are going to want to know if there's anything they can't have. It's important to know what you're eating before you eat it."



Stephanie Kurdach
Sophomore
Biology

"Personally, I don't think it affects me. Food places tell

the nutritional information, but for people who have dietary restrictions, or who are watching their diet, I do think it is important for them. So, overall, it is beneficial to have it included."



Nick Vessichelli
Sophomore
Nutrition

"I think it would be a good idea having nutritional information

on the dining hall menus. College is a time where students typically get really out of shape, and I think if they were able to see the calorie content breakdown of everything, it might deter them from the less healthy options. As a nutrition major, I can speak first-hand on that, but that's my stand."



Muhammed Tobias
Sophomore
Computer Science

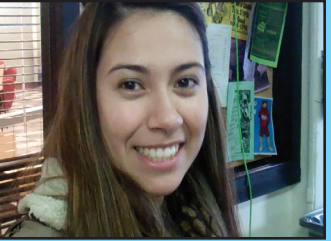
"I don't think it should be mandatory, but I think it should be put there because people need to know what they're putting into their bodies."



Katie Frazer
Senior
Theater Studies

"I think that nutritional information is something that is very important

and that needs to be put on labels on our foods, especially in retail dining, like the Student Center Cafeteria and down at the Rat. It's a big concern, especially for me. I'm trying to get healthier and make sure that I'm putting things that are good into my body, and I can't do that if I don't know what the nutritional information is looking like. Something might look good, but if it isn't nutritionally sound for you, then what's the point?"



Jeannette Martinez
Junior
Political Science

"Yes, I do feel the school should post nutritional information about the food they're serving. What if there are people on diets or keeping track of how much they are eating, like calorie intake? It would be helpful to know and also just to know what's in our food."



Anderson Mate
Senior
Biology

"Yes, they should definitely post nutritional facts in foods just for the sake of being informed about of what's going into your body. We all have a right to know what's going into our body."



Vicky Leta| The Montclarion

Reaching for that ceramic plate, getting on-line with the other five students, waiting to be served, glancing at the menu, you notice the calories for each meal.

Most college students try to avoid that freshman 15 and it's considerate of the university to compromise to our calorie counting habits.

Most of the time, that's the only knowledge we have about what goes into our food. It's great that you "can, like, totally not gain weight and all," but there are other important nutritional facts that need to be posted.

Nicole Wheeler, a student here began a petition recently to include all nutritional facts on menus. Wheeler has diabetes and, like many others on this campus, she finds the lack of nutrition information problematic.

Like many students on this campus, she needs to know what goes into her food.

Has anyone ever given a thought as to how much sodium, sugars and carbohydrates are put into their food? Putting full nutrition charts in cafeterias and eateries around campus should be mandatory.

To break from contrary belief, calories aren't necessarily the biggest contribution to poor health. Sodium is a good example of something that no one should ingest in excessive amounts. Sodium in large quantities can attribute to high blood pressure.

Many students that have diabetes need to watch their carbohydrate and sugar intake because it can affect their blood sugar levels.

There are also many other students with physical ailments that need to be aware of what they are ingesting.

For example, the people with irritable bowel syndrome and other intestinal diseases have a hard time breaking down certain foods. Most students on this campus probably do not

understand the side effects many of these people endure because of poor nutrition labeling.

Even without knowing what these students endure, it's safe to say we should all be curious about what we are really eating.

You must be familiar with the phrases "everything in moderation" and "keeping a balanced diet." How are we supposed to know we are consuming a balanced meal? Making this mandatory will be beneficial to all students. We have the power and the right to demand to know what we are eating.

Poor dieting is affecting our bodies and our health: one of the only things in our lives we have control over. Montclair State University has provided us with services such as the Health Center and its promotions, but there are issues about food that need to be discussed.

Food is something that affects every student on this campus on a daily basis. Do the workers even know what they are serving us? We can

argue that Sodexo should provide these facts not only on our campus, but on every campus they serve. MSU should also discuss placing these facts around dining halls.

As Sodexo's employers, the University should be reassuring students that what they consume is adequate. With so many doubts and all the slander that is surrounding the name "Sodexo," both parties should take the initiative to provide nutritional information.

If companies are mandated by law to print nutrition facts onto their products, companies such as Sodexo should be providing us with the same information about their food.

We at The Montclarion support Ms. Wheeler's petition and would like to see Sodexo make an effort to provide students with nutritional facts.

Thumbs Up

Parks and Recreation

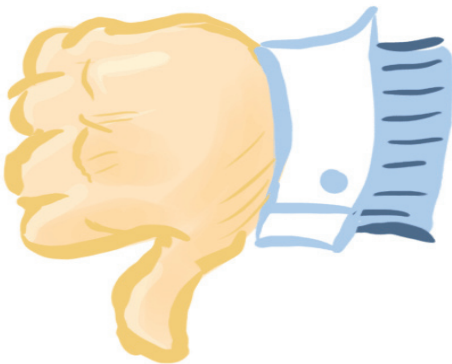
Seth Meyers coming to campus

First Day of Spring

Thumbs Down

American Idol

Snow with no snow days



Uncovering the Unsinkable *RMS Titanic*

Philadelphia exhibit unites Hollywood and history using artifacts



KRISTEN BRYFOGLE
ASST. OPINION
EDITOR

They say beware the Ides of March, but it was the Ides of April in 1912 that proved disastrous for the 1,502 souls who lost their lives when the RMS Titanic sunk.

Over spring break, I visited The Franklin Institute in Philadelphia to see “Titanic: The Artifact Exhibition,” a traveling show which has been at the museum since November and is soon leaving the area.

While not everyone who attends MSU can easily get to Philadelphia, I encourage those who are nearby to spend a few hours at this truly fascinating exhibition.

As a huge fan of the movie *Titanic*, I thought it would be interesting to compare and

contrast the story of Jack and Rose, which I have loved for years, to what the Titanic actually was and still is.

You might be surprised to know that a lot of the attributes of the ship, and the characters on board, are fairly accurate.

John Jacob Astor IV, the Unsinkable Molly Brown, J. Bruce Ismay and First Officer Murdoch make appearances in the exhibit, with actual pictures, biographies and quotes from these historical figures who you may recognize from the movie. However, the exhibit tells the tales of so many others who were not made famous by Hollywood portrayals.

Upon entering, each visitor receives a card with the identity of a person who was actually on the Titanic. These cards tell the person’s name, with whom he or she was travelling, where he or she boarded the Titanic, where the ultimate destination was, in what class he or she were travelling and as much biographical information as

possible.

For example, mine was a 36-year-old musician who was sailing first class aiming for New York City. As I walked through each room, I got to understand what my Titanic passenger’s experiences on board may have been.

There were reconstructions of rooms and many fascinating artifacts from each class recovered from the depths during the excavation of the shipwreck.

It was fascinating to see the great condition of the artifacts considering that the Titanic is located about 2.5 miles underwater. The amount of pressure that has been put on these objects over the years is immense.

My favorite part of the exhibit was, by far, the recreation of the great staircase. The room is astounding and practically identical to the one in the movie. Being in that room is not only like stepping into a moment in history, but also a Hollywood set. Throughout

the exhibit there were sound effects which led the illusion that you were walking through a ship. It was very convincing and well done.

However, the exhibit was an eye opener in many ways. The testimonies from actual passengers revealed new perspectives for me.

I always have, and in many ways still do, consider the people in the lifeboats to have been so lucky to get out of the Titanic alive, but hearing sound clips from survivors proved that the experience of being in the lifeboat was not as easy as I expected.

Survivors had to see the ship sink and hear the screams of the people in the water and then hear the silence which followed as their friends and families succumbed to the icy waters. They had their lives, but had still been through hell in the process of retaining them.

The exhibit ends with displays of the personal belongings of many passengers which

were found in the excavation of the Titanic as well as a list of those who survived and those who died.

At this point, you can check your card and see if your passenger made it out alive.

However, it is even more important to look at the names of both categories. You may be surprised by the names and numbers, but I’m certain you will be in awe of the physical representation of the tragedy of the Titanic.

The exhibition ends on April 7, leaving very little time to see this amazing exhibit which gives humanizing details to the tragedy.

If you are interested in history, I assure you that after visiting this exhibit, you will have a fuller understanding of what happened on the night of the Titanic’s sinking 101 years ago.

Kristen Bryfogle, a Classics major, is in her first year as assistant Opinion editor for *The Montclarion*.

Venezuela Says Adiós To Hugo Chávez

Chávez’s complex policies leave behind a questionable legacy



JOSEPH REMMERT
COLUMNIST

He could be uncompromising, brash and intimidating. He could be emotional, endearing and had a habit of bursting into song.

He rose from humble beginnings to astounding heights. Because of this, Hugo Chávez was undoubtedly one of the most colorful and controversial Latin-American leaders in history.

He died on March 5, 2013, after a long battle with cancer. Now as the world reflects on his legacy, a complex picture has emerged of a man who was loved and hated, who was successful in some ways and a failure in others.

Born Hugo Rafael Chávez Frías on July 28, 1954, he was the second child of poor schoolteachers. The Chávez family lived in the town of Sabaneta, located in the state of Barinas on the plains of central Venezuela.

At the age of seventeen, Chávez enrolled in the Venezuelan Academy of Military Sciences and served in the

Venezuelan Army, where he ultimately reached the rank of Lieutenant Colonel.

During his military service, Chávez hunted down leftist guerilla fighters in the state of Anzoátegui, became disillusioned with the Army’s harsh treatment of the guerillas and sympathized with their grievances against the Venezuelan government.

His military career came to an end in 1992 when he and other Bolivarian Revolutionary officers led a failed coup of President Carlos Andrés Pérez’s government. Chávez appeared on national television and announced the official surrender of the coup and was imprisoned.

After serving two years in prison, Chávez was pardoned and became more politically active. He ran for presidency in 1998 on a platform of revolutionary economic and civil reforms.

Years of corrupt, inefficient government and a declining economy had made revolution sound sweet to many Venezuelans as they rallied behind Chávez.

Chávez immediately began to implement reforms and allocated more of the country’s oil wealth toward education, social welfare and healthcare programs for the poor. While these programs were moder-

ately successful, they also were plagued by corruption and did much to arouse opposition to Chávez, accusing Chávez of mismanaging the economy.

On April 11, 2002, Chávez was ousted in a military coup. He was arrested and sent to the island of Orchilla off the coast of Venezuela. A wealthy businessman, Pedro Carmona, was installed as president and the United States immediately recognized the new government.

However, Chávez’s supporters began demonstrating in Caracas against what they saw as a robbery of democracy. A few days later, the Venezuelan military moved to support Chávez, and the coup collapsed when Chávez officially returned to power on April 14. In 2004, a nationwide referendum was held on Chávez’s presidency and Venezuelans voted to keep him in power.

These incidents showed that Chávez had gained a very loyal following and that Venezuelans were deeply divided over his government.

Although he had been somewhat critical of the United States in his early years as President, after the 2002 coup he became extremely suspicious and critical of the United States, a trend that continued though his presidency.

At the United Nation Gen-

eral Assembly, Chávez referred to former U.S. president George W. Bush as “the devil.” Chávez also regularly lashed out at the CIA and Bush on his weekly television show, “Aló Presidente.”

Chávez worked with other Latin American leaders, including Evo Morales of Bolivia, Luiz Inácio Lula da Silva of Brazil and Christina Kirchner of Argentina to move South America toward economic integration and political unity. Chávez believed that this was an important strategy to defend Latin America against U.S. domination, as he made Latin-American unity a key component of his political philosophy called Bolivarianism.

Chávez and Cuba’s Fidel Castro forged a close friendship and some have suggested that Castro essentially served as Chávez’s mentor. Chávez often referred to Fidel as his friend.

Overall, the Venezuelans’ quality of life did improve and the poverty rate was reduced under Chávez, according to the United Nations Economic Commission for Latin America (CEPAL).

From 2006 to 2011, Venezuela also moved up in the rankings of United Nations index of Human Development, which ranks nations based on life expectancy, education and income.

However, Venezuela has also suffered some setbacks under Chávez. These include very high crime and murder rates, high currency inflation, a stagnation in oil output, weakening infrastructure and economic policies that some economists consider unsustainable, such as food price controls.

Chávez certainly improved the lives of many Venezuelans, but his revolutionary rhetoric seemed to always outpace reality.

He deserves credit for giving the poorest Venezuelans a sense of empowerment and making them a part of the government and society that had ignored them for so long. However, he is also blamed for weakening some sectors of the economy and failing to address high crime and corruption.

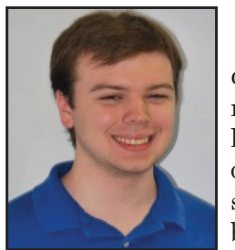
Will Chávez be remembered as a brave reformer and a revolutionary who helped the poor and changed Venezuela for the better? Or will he be remembered as a semi-dictator who hurt the economy and failed to improve Venezuela? Only the future will tell.

His legacy is likely to be debated by historians for years to come. But one thing is certain, Chávez and his Bolivarian revolution will never be forgotten.

Joseph Remmert, a History major, is in his first year as a columnist for *The Montclarion*.

Where have all the soft drinks gone?

Why soda should broaden its horizons



NICK TAYLOR
CHIEF COPY EDITOR

Soft drinks are now the unhealthy evil of today’s society. Tobacco is on the decline, legal marijuana use is becoming more lenient and alcohol has retained its neutral status.

However, since obesity is on the rise, many fingers point toward soda as the common denominator of everybody’s health problems.

Unfortunately, it specifically has to do with sodas that are sweetened with sugar or high-fructose corn syrup instead of artificially sweetened sodas that are even worse for your body.

Why am I talking about soda? Because it is the only resort sober people like me can go to.

If one goes to any restaurant, chances are the only sodas it’ll have are some form of popular cola with a diet variant and a lemon-lime flavored drink, with root beer or Dr Pepper in lesser locations. They’ll also have iced tea, but that’s about it.

There’s no selection anymore, even when you go to your local super market. In fact, there is truly nothing special about our soda selection in the greater New York area.

However, if one were to go elsewhere, the soft drink selection would definitely surprise you. Cream soda is a sweet, vanilla-flavored soft drink that is especially rare around these parts. A&W and Boylan’s primarily sell it, but they’re not in huge quantities.

Barq’s, a brand underneath the Coca-Cola umbrella, is widely known for its caffeinated root beer, but believe or not, they do make cream soda as well.

Barq’s actually makes two different kinds of cream soda: “Crème Soda French Vanilla” and “Red Crème Soda,” the latter of which has become exceptionally rare. I proclaim Barq’s Red Crème Soda to be one of my favorite beverages, but that’s only because I used to be able to buy it in northeastern Pennsylvania, where my grandparents live.

Speaking of Pennsylvania, there’s another drink that Coca-Cola should consider replacing Fresca with. 50/50 is a grapefruit and lime flavored beverage that is only sold within the Delaware River Valley, that has become a staple from when I visit my grandparents.

The soda has a rather tangy flavor, a welcoming change from the excessive sweetness of lemon-lime-flavored drinks such as Sprite and 7 Up. Fresca is practically the same thing, yet it is artificially sweetened, which ruins the flavor. It’s time that 50/50 is brought out of obscurity and into the national spotlight.

Maybe I’m not looking hard enough for variety. The eccentric-themed Jones Soda Company of Seattle does offer some interesting choices such as Watermelon and Blue Bubble Gum if you can’t get enough sweetness.

Aside from bottling, Coca-Cola revolutionized the run-of-the-mill soda fountain with the Freestyle machine, an example of which can be found in Blanton Hall. The machine, which houses ink cartridge-size syrup dispensers, enables the

consumer to flavor any beverage offered in the machine, with some limitations. For example, Barq’s Root Beer only comes with vanilla while Dr Pepper (or Pibb in some areas) can only use cherry or cherry-vanilla. Also, while there is a seltzer dispenser for calorie-counters, there’s no cream soda dispenser.

I just want to see some variety around these parts other than mixing Dr Pepper and Coca-Cola in a fountain machine. Hopefully, some franchised restaurants can make accommodations of the non-alcoholic variety because not everyone goes out for a beer. Seriously though, I wish for some red crème soda right now.

Nick Taylor, a General Humanities major, is in his first year as the Chief Copy editor for *The Montclarion*.

Concerning Editorials and Columns
The main editorial appears on the first page of the Opinion section. They are unsigned articles that represent the opinion of the editorial board on a particular issue. Columns are written by individuals and do not necessarily reflect the opinions of The Montclarion staff.

Ride Into the Theatre with *Equus*



Protagonist Alan Strang with father and brief love interest.

(Photo courtesy of Rodney Leinberger)

Stefanie Mary Sears
Staff Writer

Normally, a play about a teenage boy religiously and sexually mystified by horses, and thereafter blinding six of them, might be considered odd and maybe even creepy to some people. However, Montclair State University’s brilliantly presented version of the Peter Shaffer classic *Equus* proves that there is some beauty to a young man’s fascination with horses.

It was shown at Alexander Kasser Theater from March 6 through March 9 and was directed by Susan Kerner. In addition to being dramatic,

the play also had its humorous moments.

Sophomore Tayler Yarish played the teenage boy in question, Alan Strang, and was thrilled to have his first lead role as a BFA acting major at Montclair.

“I’m so grateful to have it,” said Yarish. “I’m trying to enjoy every second of it. It is amazing.”

In the play, psychiatrist Martin Dysart (Sean Haberle) investigates his patient, Alan, in Southern England’s Rokeby Psychiatric Hospital in the early 1970s to determine why

he committed such a shocking act. He does this by using different psychiatric techniques, such as tape recording and hypnosis.

Alan has issues with his strict parents Frank and Dora Strang (seniors Taylor Dear and Liala Armstrong), whom ultimately are the causes of Alan’s trauma. Dora is a religious fanatic and Frank is an atheist. This contrast between the two in their extremes and parenting skills influenced Alan since his youth.

After a failed night of passion with love interest

Jill Mason (senior Angelika Shreck), Alan’s world finally erupts. These clues help Dysart discover Alan’s disturbances and dreams as well as his own. He soon realizes that horses, particularly one Alan often refers to as “Equus,” are Alan’s divine saviors and spiritual, sexual outlets.

As much as Dysart and the Strang family carry the story along, what stole the show were the horses played by young men, particularly junior Matthew Petrucelli. Petrucelli stomped onstage as lead horse Nugget in place of an injured

sophomore Tony Antoniou, Nugget’s original portrayer.

With no speaking lines, these actors performed the actions and emotions of equine while wearing see-through metal wire horse heads and stilt-strutted hooves. Every time the horses enter a scene, especially Nugget, the audience is taken into a whole different realm of imagery through the use of lighting and background music.

Antoniou and the rest of his horse castmates had some training to prepare for the roles, according to Petrucelli. He gives credit to movement director Heather Benton for their Suzuki training, which includes stomping, breath control and upper and lower body strength. “It was a huge test of integrity and will, one of the most beautiful experiences I’ve had”, said Antoniou.

I own a copy of the script and looked through it after I saw the show. Everything was loyal to the script, especially the set, costumes and stage direction thanks to Kerner, scene designer Matthew A. Kaprelian and costume designer Noelle Rasco. At first glance, the set is a stable. The book describes the set to resemble a boxing ring with audience members seated around it onstage, which is unique about this production. To me, the set also looked like an old-fashioned church, which makes the whole religious connection of it more evident.

The Fri, March 8 performance ended with a tribute to Dr. Suzanne Trauth, who is retiring this year.

Do You Receive His Meaning? Talking with Actor Taylor Dear

Stefanie Mary Sears
Staff Writer

Senior BFA acting major Taylor Dear was last seen on Alexander Kasser Theater’s stage as strict father Frank Strang in Peter Shaffer’s *Equus*. Audience members joined Dear and his cast mates onstage, which was a unique experience for him.

“I had only worked performing in the round once before and I loved it, but that experience was not on a proscenium arch stage, so it was a different but great experience. It made it much more intimate and I liked that. People were only feet away from you and you had to reach them honestly, but then people were also in the balcony and you had to reach them as well,” Dear states.

Dear’s latest role in the Department of Theatre and Dance was his favorite. As a sophomore, he played Noah, the challenged son of the Joad family in the Spring 2011 performance of *The Grapes of Wrath*. He appreciates that it gave him a chance to do some research about people in Noah’s position. “I was given the freedom to get to know people of similar struggles as those that Noah lived with, and it was a really profound experience. It was a role that I really, really wanted to play and it had a really wonderful process and performance run.”

Like most performers, Dear began performing when he was young. Dear and his sister played dress up and began performing for family and friends. In high school, he con-

tinued to pursue theater, particularly the Burr and Burton Academy in Manchester, Vt. With help and encouragement from theater teacher and director, former professional ac-

tor Jim Raposa, he decided to make the industry his career. Dear credits his senior year high school role as Bobby, performing the final kick line in *A Chorus Line*, as his defining

moment in the field. “It was beautiful and overwhelming being a part of something that represented professional stage performers so honestly.”

Dear is excited about



Showcase ready, Taylor Dear.

(Photo courtesy of Taylor Dear)

what the future holds after graduation. He plans to move to the city for theater gigs, but also dreams of working on a comedy TV show much like *New Girl* and *The Big Bang Theory*, or perhaps a long running series like *The Office*, one of his personal favorites.

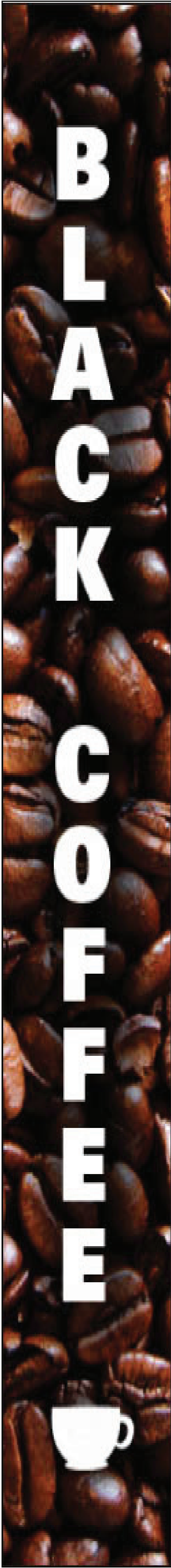
However, Dear still must traverse some stepping stones. Right now, he and his fellow seniors are preparing for the annual Senior Showcase, which will take place later this semester in New York, where they will meet and perform for agents and other big names in the business. “We have three showcases, one for four big name agents, another for four agents and then the third for any professional connections that anyone in the senior class has accumulated over the course of our careers.”

Every Friday, the senior BFA acting majors attend a Showcase class, which occasionally has visits from casting director Brette Goldstein as well as a Business of Acting class on Sundays. This class sometimes includes actress Jordan Baker and is sometimes held in a studio in New York with casting director Ilene Starger. This helps the actors determine what works best for them and organize their packages to take to the event.

40 Years and Counting

Bowie’s Newest Album Starts New Life

Jonathan Michael Molina
Asst. Arts Editor



It’s been eight days since David Bowie released his 30th studio recording, *The Next Day*, and I’ve listened to it from beginning to end at least once a day. If you were anywhere near me during this time period, you could see the scowl on my face as my headphones played track after track. For an artist who, throughout his career, made his money and accolades through the creation of characters such as The Thin White Duke, Major Tom, Aladdin Sane and Ziggy Stardust, *The Next Day* strikes me as an attempt to create David Bowie himself.

However, unlike Ziggy Stardust and the others, David Bowie is not ageless and it shows in each and every track.

box obscuring his face with the title placed in a sans serif font. If you look at each cover for every successive album, you can tell that *The Next Day* is a complete departure from who and what David Bowie really was.

With the perspective that a baby boomer wrote this album and not an androgynous alien from mars, my opinion changed from “I can’t believe that Bowie wrote something like this” to “Damn, Bowie’s getting old.” I think that’s the fatal flaw with an artist like David Bowie, that his name and music is synonymous with youth and vigor.

The Next Day has its bright spots, although the majority of the tracks just feel as if they’re missing essential Bowie.

beats that most of the songs contained.

Although “Valentine’s Day” did fall into that rhythm, the lead guitar lines and lyrics kept me fully immersed throughout the duration of the song. The lyrics to “Valentine’s Day” allude to the quick change of a young person to a dark heart with the intention to commit violence in his school.

Although that might be a bit inappropriate considering the relatively recent events in the Northeast, within the confines of the song, the subject matter lends perfectly to the singing guitar and voice.

With “(You Will) Set the World on Fire,” the track begins with a loud guitar riff that immediately reminds me

song.

In its entirety, *The Next Day* is unmistakably a David Bowie album, but it’s not a David Bowie album at the same time. The person is the same, but the soul is different, a soul that has been active within the music industry for more than forty years now. To casual listeners, I would recommend this album if this is going to be their first David Bowie album. Then after *The Next Day*, they could listen to his other albums in a reverse chronological order in a “Benjamin Button” fashion to end at the glory days of David Bowie. For fans of Bowie, though, I feel like you should look at it as a new era of music, a new era where the character isn’t an alien from mars or a duke, but David Bowie himself.



David Who?

(Photo courtesy of davidbowie.com)

I’ll admit that most of my exposure stems from the Ziggy Stardust and Aladdin Sane eras of David Bowie, so some bias is in place, but even more recent releases (although that’s a relative term because this is his last release since 2003) by Bowie still gave that aura that is uniquely his. His track, “I’m Afraid of Americans” from his 1997 album *Earthlings*, gave listeners the feeling that even if they didn’t know who David Bowie was, they could at least synthesize an image of him through the song.

As I continued to listen to *The Next Day* over and over again, I slowly came to the realization that the purpose and direction of the album was not to continue the immortal image of late seventies to early eighties Bowie, but as a reminder that David Bowie is getting older and that he is no longer “David Bowie,” but David Bowie. *The Next Day*’s cover is originally the cover to his album *Heroes* with a white

One of the biggest criteria for albums that I listen to is that I want each song to have its own separate identity. With *The Next Day*, aside from the first two songs, the whole album flows together in a way where it feels like an opus with different movements.

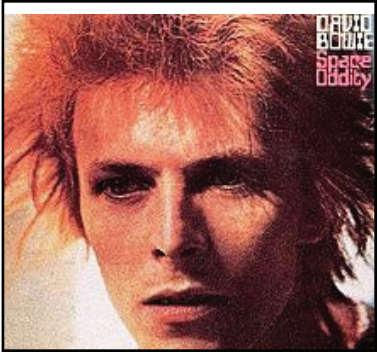
While that is signature Bowie, I feel that it detracts from the experience that each song individually gives the listener. The first two times that I listened to the album, not one song really jumped out at me in a way where I could use that as an anchor for the album. It took me six listens to actually list a couple songs that don’t feel like well-written fluff.

A few songs that I can actually recommend to anybody from this album would be “Valentine’s Day” and “(You Will) Set the World on Fire.” Out of the seventeen songs in the album, these two jumped out at me because of the drum tracks and how they didn’t start out with the generic

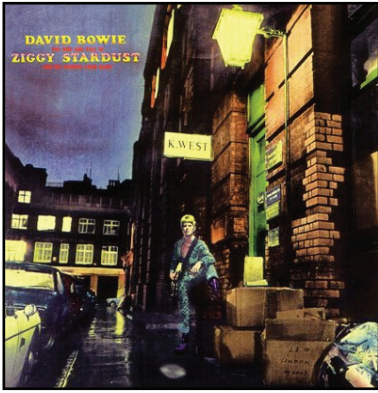
of Jack White and his myriad of projects which opens the door to Bowie’s lyrics. Within this song, Bowie sings about the folk scene within New York City with name drops of Janis Siegel, Bob Dylan and others within the scene.

The first couple of listens to this track doesn’t indicate this because most of references require a little research to understand, but the hook of “setting the world on fire” is plenty enough to captivate the listener through the song in a brief flash of energy that is classic Bowie.

While these two tracks are definite favorites of mine, some tracks just stick out for different reasons. “If You Can See Me” contains lyrics sung in an atonal manner with confessional topics that parallels Kevin Barnes from the band of Montreal and his most recent album, *Paralytic Stalks*. While this style fits Kevin Barnes perfectly in his avant-garde outfit, it just seems odd and forced within David Bowie’s



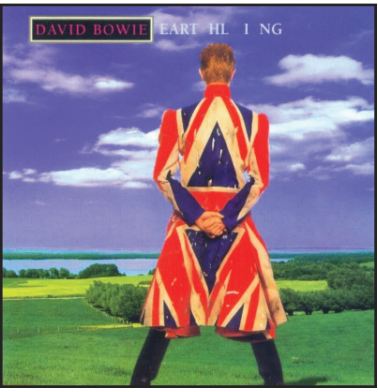
Space Oddity
(1969)



Ziggy Stardust and the
Spiders from Mars
(1972)



Aladdin Sane
(1973)



Earthlings
(1997)

Recommended Tracks

Valentine’s Day

You Will Set the World on Fire



THE HYPE



The Rasmus Refined Rock

Nicole Duque
Staff Writer

Rocking out since 1994, The Rasmus has shown the world that Finnish rock is a must add to your playlist. Formed in Helsinki, Finland, the band has sold an average of four million albums worldwide. Domestically and internationally, the quartet has received many awards throughout the years, highlighting the peak moments in their career and reminding them that past struggles only strengthen their nearly 20-year bond.

Tunes to check out include, “In the Shadows,” “Funeral Song,” “Ten Black Roses,” “Ghost of Love” and “I’m a Mess.”

As “Rasmus,” these four boys had their first gig at their school’s Christmas party on Dec. 23, 1994. Just one year later, Jarno left the band, being quickly replaced by Janne Heiskanen.

In December of the same year, they released their debut EP *Ist*, which featured the songs, “Frog,” “Myself” and “Funky Jam.” The boys were quickly noticed and the word about them spread like wild-fire. Only a few weeks after

the release, the album had already sold 1,000 copies, giving them a satisfying, overwhelming start.

Originally, the album was distributed through Teja G., an independent label. In early 1996, the quartet signed with Warner Music Finland, where the EP was re-released.

That same year, the band composed the song, “Don’t Shut the Door,” which was not used until their compilation album *Best of 2001-2009* was released. For this album, the song was re-written and tweaked, better known as the song, “October and April.”

In 1996, through Warner Music Finland, The Rasmus released their debut album, *Peep*. It made its way into Finland’s music market on Sept. 23, where it went Gold. The same thing happened later in Estonia, Russia and subsequently worldwide.

Later, they released two more EP’s *2nd* and *3rd*, the latter of which making it to the No. 8 spot on the Finnish Singles Chart later that year.

With much music produced in a year alone, the band won an EMMA (equivalent to a



Finely aged rock.

(Photo courtesy of swotti.starmeda.com)

Grammy) for the Best New-comer of 1996. Seeing that the band was becoming quite successful, Lauri and Pauli abandoned their studies and dedicated their efforts and energy on Rasmus. This led to the release of their second album, *Playboys*, on Aug. 29, 1996. Their single, “Blue,” went Gold in Finland.

1998 was a significant year, as their third album, *Hell of a Tester*, was released and marked their change in musical style from funk to solid rock. Their single, “Liquid,” instantly became the popular, placing them on the Top 40 on MTV Nordic. The song was also voted Single of the Year for 1998 by fans and music

critics alike and won an award in 1999 at the Finnish Music Video Awards.

In 1999, the band faced some darkness as Janne quit, leaving the band on the verge of breaking up. Aki Hakala was asked to become the new drummer, becoming their savior. In 2001, the band released their fourth studio album, *Into*, which reached No. 1 in the Finnish album charts and made it to the ears of other European countries such as Spain and France for the first time.

Through the years, the band released more singles and albums that kept them on top. Their style, depending on the album, would range from

heavy rock to softer melodies, telling stories of forbidden love and misery.

In 2011, with a contract from Universal Music Finland, The Rasmus is producing their eighth studio album. In several European countries, the self-titled album was released on April 18, 2012, and was re-issued as *The Rasmus* later that year. The band continues to tour and is waiting for their 20th anniversary to celebrate their success at its finest. They do not plan to disband anytime soon, leaving fans with more to look forward to.

Judging Punctuality: Nicki Minaj



Victoria Conn
Staff Writer

Apparently, a starship isn’t fast enough.

(Photo courtesy of rickey.org)

Nicki Minaj has become a musical icon in the rap/hip-hop genre since making her debut in 2010. The 30-year-old is known for her outrageous wardrobe choices, unusual accents, multiple personalities and downright bizarre mannerisms. However, *American Idol* fans, judges and contestants will remember her for a slightly different reason.

Wed, March 13 marked *American Idol*’s first live show of the 2013 season. Everything seemed to be in order. Contestants waited anxiously backstage, host Ryan Seacrest took to the stage in a perfectly tailored suit, and judges Mariah Carey, Randy Jackson and Keith Urban sat poised and ready to go. But, wait — where was Nicki?

Upon opening the

show, Seacrest was forced to address the situation of the missing judge, informing the audience that there was some congestion on Interstate 405 and that the star would arrive momentarily. Minaj confirmed this via Twitter, saying she was “stuck in traffic.”

Seacrest tried to joke about the situation with the judges by asking questions like, “Which one of you drained the fuel from her car?” or “Which one of you gave Nicki the wrong directions today?” However, it was clear by the reactions of the judges that this was no laughing matter.

Carey, whose dislike of Nicki Minaj is no secret, didn’t say a word, yet said it all with a disapproving head shake. Urban and Jackson were obviously irked as well, responding to

Seacrest with confusion.

The feisty diva showed up 15 minutes after the show aired, nonchalantly slipping into her seat wearing a black hoodie and sunglasses. She and Seacrest exchanged a few private words, while Urban piped in with a few witticisms of his own. Jackson and Carey ignored her completely.

Contestants, who noticed Minaj’s lack of appearance from backstage, were also rather baffled. One contestant, Amber Holcomb, believed the artist, best known for her crazy antics, would make a grand entrance of her own, complete with smoke and fog.

While the contestants seemed more anxious about her arrival than irritated, Seacrest and executive producer Nigel Lythgoe were fum-

ing.

Tensions were running high off-camera and it was seen as an embarrassment to the Fox television program.

The female rapper proved even more irritating by actually taking the time to primp backstage, disregarding the fact that she was already late and didn’t even offer an apology. Talk about being a diva.

This isn’t the first time Nicki Minaj has caused some drama due to her inability to be on time. In summer 2012, the star arrived four hours late to a photo shoot in New York City, acting as though nothing was wrong while emitting a sense of superiority over the staff. In *American Idol*’s case, she had many people to remind her of her place.

Due to her late arrival, Curtis Finch Jr., a contestant who highly respects Minaj’s input, was forced to perform without the star and her critique. Finch expressed his disappointment, claiming that it felt like a piece of the puzzle was missing.

To his surprise, however, he passed Minaj as he was walking off stage, learning that she had watched his performance from off-stage. Although he didn’t get to hear all of the feisty judge’s remarks, he did manage to receive a “good job.”

It seems that Nicki Minaj has some work to do with her punctuality problems. Maybe she should consider taking a starship to the next show, just in case.

“AT FIRST
I WAS EMBARRASSED.
ME, A CAT, LIVING WITH
A SINGLE GUY. BUT WHEN
I WATCH HIM PICK SOMETHING
UP WITH HIS HANDS AND EAT IT,
I CAN'T HELP BUT LOVE HIM.”

—MARU
adopted 01-10-10



A PERSON
IS THE BEST
THING TO HAPPEN
TO A SHELTER PET

adopt
the shelterpetproject.org



Amy Poehler Was Never “The Blonde Tina Fey”

Victoria Nelli
Staff Writer

“Bitches get stuff done,” the phrase Tina Fey and Amy Poehler coined during the latter’s run on *Saturday Night Live*. During the years since their departure from the sketch comedy show, they have gotten a lot of stuff done. From Emmy nominations to hosting gigs, the two long-time pals have been all anyone talks about these days.

Since her departure, Tina Fey has made a name for herself. She successfully created, wrote and starred in the comedy series *30 Rock* and starred in movies opposite Steve Carell and Paul Rudd. Fey had a non-stop congratulatory tour since her departure from *SNL*, but what about Poehler?

Amy Poehler stole America’s hearts during her run on the Lorne Michaels-produced show. When she left *SNL* in 2008, she was cast in *Parks and Recreation*, which started off very slow and didn’t really gain momentum or a following until its third season. Nowadays, *Parks and Recreation* is one of NBC’s top shows and Amy is getting nominated left and right. Poehler has become a household name. People love seeing her on TV and on newsstands. People can’t get enough of her, but even though

people love her, why aren’t the critics showing her love? Sure, she received fantastic reviews on her hosting skills when she co-hosted the Golden Globes back in January. She has received exceptional reviews for *Parks and Recreation* as well as her acting on the show. She has even been considered for the Oscars’ hosting position, but yet with all that praise, Poehler still has yet to win an award. Even celebrities took to Twitter to share their love for her.

Comedian and producer Michael Shur said, “It’s ironic that every year Amy Poehler is the funniest part of every awards show she attends, and every year the awards go to other people.”

Before *SNL*, Poehler had a few guest appearances here and there as well as her run on *Asscat*. She then was cast in the cult classic, *Wet Hot American Summer* as well as *Deuce Bigelow*, *Male Gigolo*. She also had a recurring role on *Late Night with Conan O’Brien*, playing Stacy, Andy Richter’s fictional younger sister. During her run on *SNL* she starred in a few movies, including *Mean Girls*, *Baby Mama* and *Blades of Glory*, which were all big hits.

Amy Poehler is one of the most talented comedians out there. She performs in various comedy styles and she knows how to do it well. She’s done sketch, political, scripted and improv comedy and has nailed every single one. She was even one of the original founders of the Upright Citizens Brigade, a comedy troupe made up of Poehler, Ian Roberts, Matt Besser and Matt Walsh. UCB even got their own show, *Asscat*, which was short-lived, but is now a cult favorite.

Poehler is currently one of the biggest names in Hollywood. She just signed a book deal, she is Best Buy’s new spokesperson and she is starring in three upcoming films, *A.C.O.D.*, *You Are Here* and *They Came Together*. She is taking the world by storm.

Hopefully, next award season, she finally gets rewarded for all of her hard work. She deserves to be categorized with people like Julia-Louis Dreyfus, Tina Fey and Edie Falco. She deserves to be a part of the Emmy winners and Golden Globe winners club. I think that next award season, Poehler will become a member of that club.



“Bitches Get Stuff Done.”
(Photo courtesy of gannett-cdn.org)



Kunis, Franco, Williams and Weisz in character.
(Photo courtesy of gannett-cdn.org)

You can tell a movie is a Walt Disney Production when the graphics are stunning and has the message that everyone is inherently good and anything is possible. *Oz: The Great and Powerful* is no different.

James Franco, Michelle Williams and Mila Kunis are the headliners in this blockbuster, the prequel to *The Wizard of Oz*. It tells the story pre-Dorothy, explaining how the wise ruler of the land (also named Oz) came to be. I have no clue how Franco scored this role.

Franco plays Oz, a manipulative womanizer with a heart of gold. This is Disney, after all. He makes his pay by scamming people into believing he is a powerful magician with use of illusions. He lands in Oz after recovering from a failed scheme. Upon arriving in Oz, Theodora, played by Mila Kunis, mistakes him for a wizard meant to come fulfill a prophecy and save their world.

The graphics are absolutely stunning. The hyperrealism is astounding, making the entire land of Oz appear highly saturated. I couldn’t look away. It wasn’t due to believable acting, emotional ties to the char-

acters or a remarkable plot. The surreal land of Oz was painted beautifully and graphics, such as rolling smoke and a small girl made of porcelain, were captivating. The rest of the movie, not as much.

Although I’m factoring in that I am not the demographic, the movie fell short, especially after learning it is a Disney film. The acting seemed forced and Franco’s portrayal of Oz wasn’t likable. The doofy man calls Glinda “Wanda” multiple times in the film and uses cheesy lines on naive women the entire narrative.

Mila Kunis plays Theodora, a good witch that goes bad after her sister tricked her into thinking that Oz was two-timing her with Glinda. Kunis was definitely not a good choice for this movie. Her acting is not good enough to break into roles where she has to be anything but pretty. Kunis’ fake crying was painful to watch and listen to and her villainous laugh was pitiful. However, she looked damn good with red lipstick.

I was expecting a lot when I saw this movie due to the \$100 million budget and the names involved. While it disappointed me, it seems like the perfect

family film and will definitely be a favorite with fans of *The Wizard of Oz*. While it was two hours long and lagged at times, the writing was geared for a young audience, the villains weren’t too scary and the ending put everything in its place.

Oz: The Great and Powerful was clever with its continuity, though. The role of any prequel is to explain the way things are in the original movie. The explanation for the wizard in *The Wizard of Oz* is because Oz himself is a phony with no magic powers. The film mentions the reasons why the lion, scarecrow and tin man are without their respective courage, brain and heart. Watching the traditional elements come into play is familiar and is a nice way to invoke the emotions of the audience.

Overall, the film was aesthetically pleasing and the message was definitely one of importance to its ideal demographic. My rant shouldn’t deter you from viewing this film. Should you choose to watch this film, wait until it comes out on DVD and watch it when your father is trying to bond with you.

The Great and Powerful Review of Oz

Megan Isbitski
Staff Writer



Franco and Kunis perform admirably.
(Photo courtesy of gannett-cdn.org)

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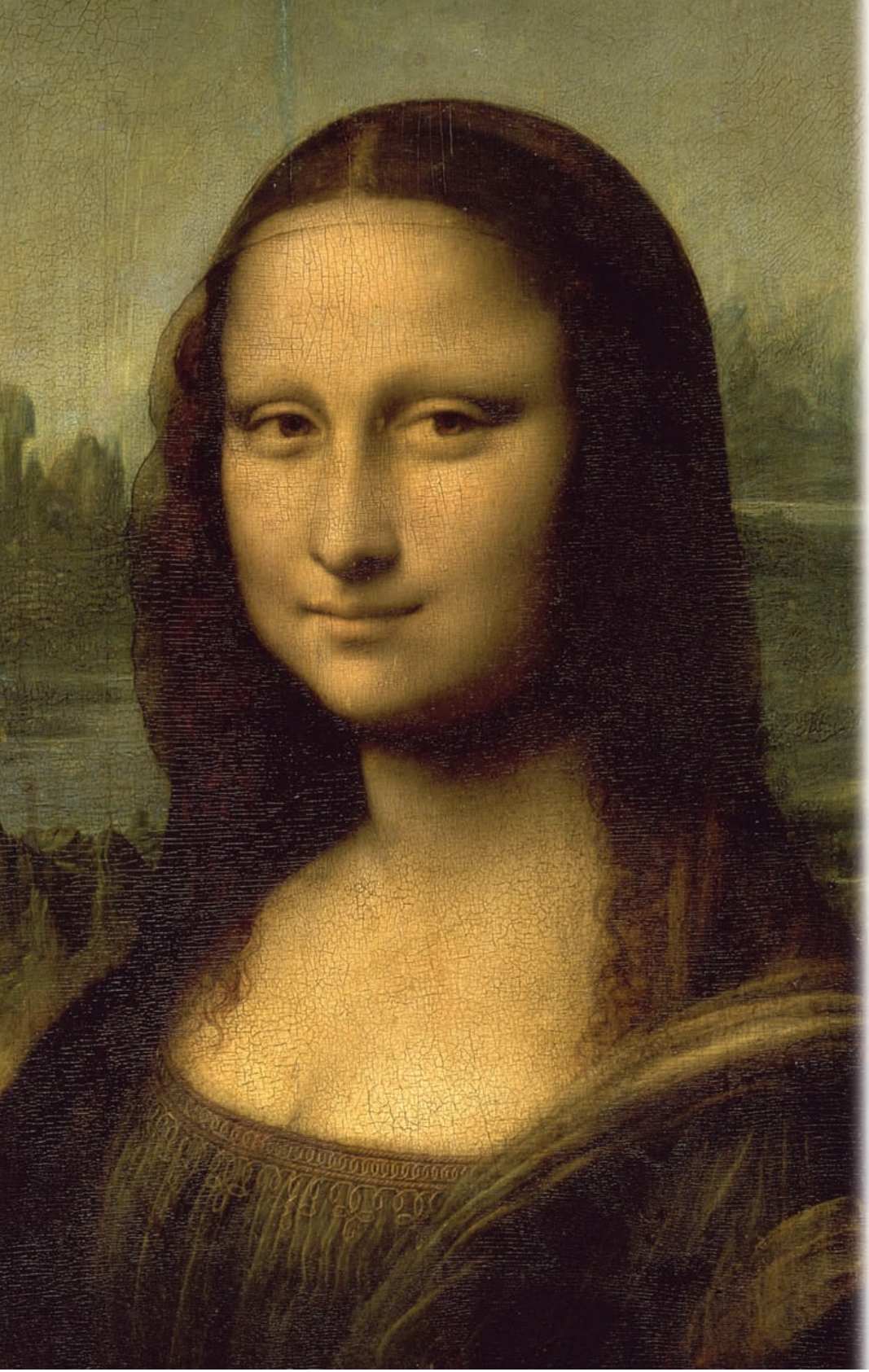
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Spring Forward (f**k the snow)

1. "Canned Heat" – Jamiroquai
Jonathan Molina, Asst. Arts Editor
2. "Lulu" – Rancid
Theadora Lecour, Asst. Arts Editor
3. "Break My Stride" – Matthew Wilder
Catherine Baxter, News Editor
4. "Cruise" – Florida Georgia Line
Jessica Czarnogurksy, Feature Editor
5. "Big Country" – Bela Fleck and the Flecktones
Nick Verhagen, Sports Editor
6. "La Vie En Rose" – Louis Armstrong
Ethan Fria, Asst. News Editor
7. "What's Up?" - 4 Non Blondes
Monika Bujas, Opinion Editor
8. "Grazing in the Grass"
The Friends of Distinction
Nick Taylor, Chief Copy Editor
9. "I've Got a Name" – Jim Croce
Vicky Leta, Editorial Illustrator
10. "Aquarius/Let the Sunshine In"
The Fifth Dimension
Kristen Bryfogle, Asst. Opinion Editor



SMILE

Pass It On.

Mens Lacrosse Splits Weekend

Nick Patriarca
ASSISTANT SPORTS EDITOR

The Montclair State men's lacrosse team improved to 4-2 on the season with a win and a loss in last week's slate of games. They fell to the Bears of Ursinus College by a close margin of 10-8 in their second of back-to-back road games.

They followed up, however, with a dominating 16-3 win over the Manhattanville Valiants on the return home.

The Red Hawks travelled to Collegeville, Penn., hoping to build on their dominating 19-5 win over Vassar the week before.

The Bears took the lead after just 41 seconds with a goal from Mark Stratton. The Red Hawks bounced back just over a minute later to tie it up with a goal from Michael Jevic.

The Bears would add two more before the end of the quarter to enter the second with a 3-1 lead. The Red Hawk offense exploded in the second quarter with a five-goal run to go into halftime, leading 6-3.

Michael Schreck added another tally to increase the MSU lead to 7-3 just 25 seconds into the second half. However, with eight minutes to go, Stratton scored his second on a man-up opportunity, sparking a seven-goal run that would ultimately lead the Bears to a 10-8 victory to remain undefeated.

Jevic led the Red Hawk offense with three goals in the defeat. Kenneth Bogert



Photo courtesy of Sports Information.

Sam Morrissey fights for the ball against a Dickinson defender. The Red Hawks went on to lose that game 14-8.

went 8-13 at the faceoff dot and goaltender Andrew Bryant made 16 saves.

The Red Hawks returned home this past Saturday looking to rebound after a tough loss, as they took on the Valiants of Manhattanville College.

Unfazed by the wintery conditions, the Red Hawk offense exploded with five goals in the opening stanza. Sam Morrissey opened the scoring for the home team with his tenth goal of the season.

Jack Skeels added another just ten seconds later with his first goal of the season coming off a faceoff win by Bogert. They went up by three

just minutes later with Jevic's 13th of the season.

Manhattanville attack Billy Motherway was able to halt the MSU run, tallying the Valiants' first goal of the game to cut the lead to two. The Red Hawks were unfazed, however, and added two more before the end of the quarter to take a 5-1 lead going into the second.

Zack Schreck scored his eighth goal of the season with the assist coming from his brother Michael to start the second quarter. The Valiants managed to cut the lead to four, but that was as close as they would get.

The Red Hawks added seven goals in the second quar-

ter alone to take a commanding 12-3 lead into halftime. Colton Schenck netted his first goal of the season to start the third quarter, giving the Red Hawks a ten-goal lead.

Morrissey followed with his fourth goal of the game. Skeels capped off an outstanding performance with his game-high fifth goal of the game. They cruised on for a 16-3 victory to improve to 4-2 on the season.

Skeels led the way for the Red Hawks with five goals and two assists in the blowout win. Morrissey added four goals and one assist. Bogert had an impressive performance, winning 13 of

15 faceoffs and picking up 10 ground balls.

Michael Dorn and Drew Lamela split the time in net for the Red Hawks. Dorn allowed just three goals on 11 shots while Lamela was perfect, yielding zero goals and making eight saves.

The Red Hawks return to action on Wed, March 20, when they travel to Hoboken to take on the fourth-ranked Ducks of the Stevens Institute of Technology.

They will return home the following Wed, March 27, when they host the College of Mount St. Vincent at 7 p.m. at Sprague Field.

Teams Preparing March for NCAA Title

Corey Aron
STAFF WRITER

I think the one thing that people enjoy the most about March Madness is filling out the tournament brackets.

Even if you religiously follow college basketball, you have to keep in mind that upsets are bound to occur, which will mess up most of your brackets.

However, filling out a bracket has become a tradition, and besides, there wouldn't be much madness, or viewers watching these games if there wasn't anything at stake.

You can always take the easy way out and fill in the number one seeds to the Final Four. The tournament usually doesn't pan out that way, considering the only time that has ever happened was in 2008. Besides, this year's number one seeds are as shaky as they come with a combined total of 18 losses.

Power forward Cody Zeller and his Indiana Hoosiers didn't even win the Big Ten conference, but were still selected as a number one seed by default. Another number one team that has gotten hot as of late has been Rick Pitino's Louisville Cardinals. He took this year's Big East Champs to the Final Four in last year's tournament.

As WFAN radio personality Mike Francesa said, "Everyone and their uncles are picking Louisville to win." If you ask me, I actually think Louisville's portion of the bracket is the most difficult. In fact, the Midwest portion of the bracket has a must-see first round game between

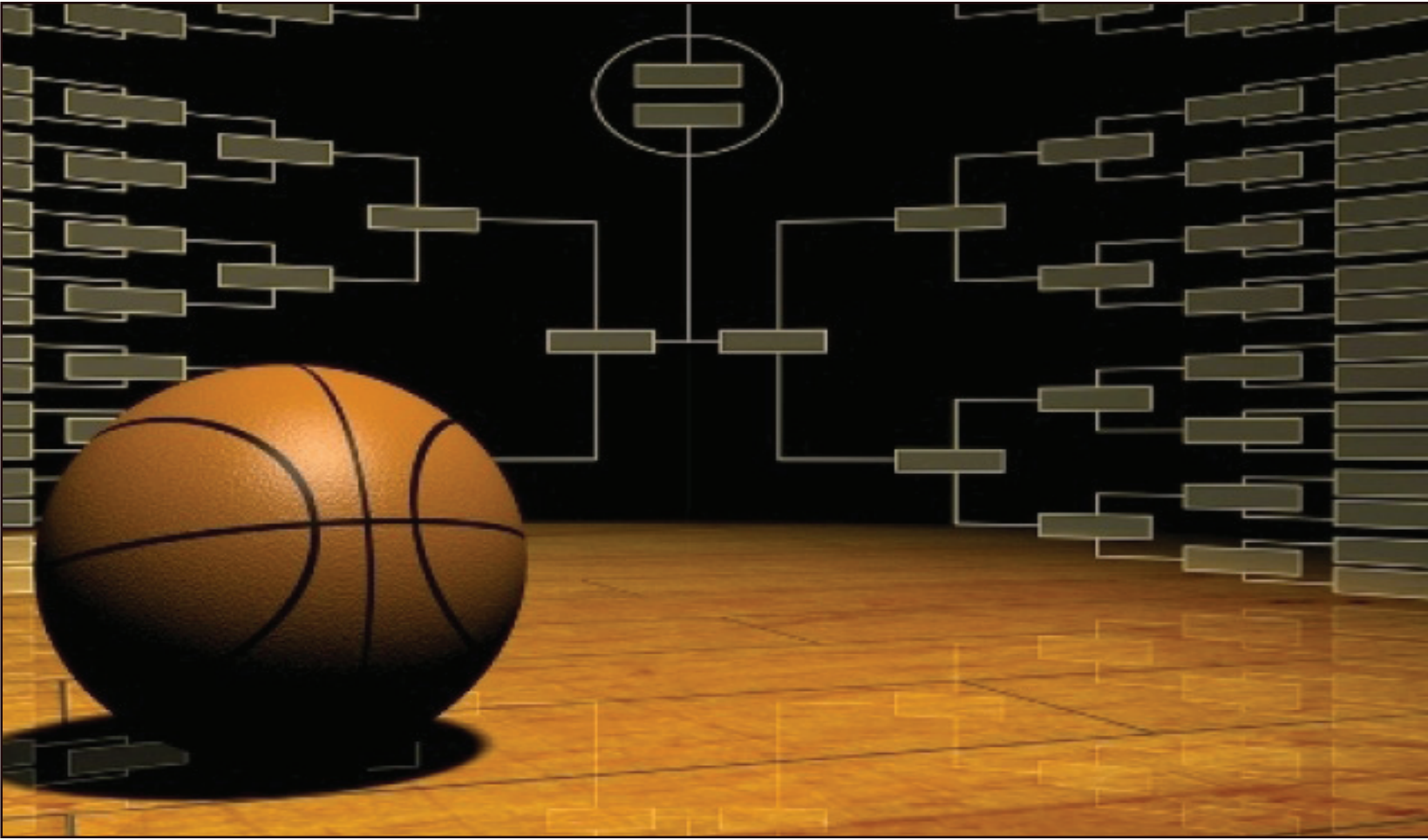


Photo courtesy of brobible.com.

The opening round of March Madness kicks off on March 21 when Michigan State takes on Valparaiso.

fifth seed Oklahoma State, which includes their freshman standout point guard Marcus Smart up against the Pac-12 winners, 12th-seeded Oregon.

The winner of that game will most likely meet up with Louisville during the Sweet 16 and could pull off the upset.

The Heat might be on a historic winning streak of their own in the NBA, but it's the Miami Hurricanes that have won myself and others over. I've officially joined the ACC Champions bandwagon and for a good reason. They've beaten out North Carolina and Florida State twice as well as Duke and Michigan State.

While it's been constantly mentioned, PG Shane Larkin has truly inherited

some fine genes from his MLB Hall of Fame father Barry Larkin. Shane averaged 23.7 points per game during the ACC tournament.

Despite North Carolina's head coach Roy Williams' praise for the young guard saying, "Shane plays like a pro," he will end up returning next season for his junior year.

Another dark horse team that could very well make a deep run is fourth-seeded Michigan. They also consist of a player that has inherited some fine genes in Tim Hardaway Jr. Their best player, Trey Burke, was actually named the Big Ten Player of the Year.

No offense to last year's runner-up in the championship game, but Michigan

can absolutely beat the number one-seeded Kansas Jayhawks if the two teams meet up in the Sweet 16.

Although this has nothing to do with the tournament, it's sad to know that the Big East Conference will become extinct after this season.

Maybe it's not so much of a big deal on a football perspective, but basketball-wise, their will never be another classic Big East matchup that takes place in Madison Square Garden.

This has always been a potent conference considering they usually have about 8 or 9 teams that represent the Big East in its NCAA tournament.

However, that's the nature of the business and we

as fans can not control the politics that place in these kinds of circumstances.

As soon as the papers come out on Thursday, that's when the first round begins. After this Sunday, we should have a better idea on some of the Cinderella teams that many have already written off.

My personal favorite throughout the recent years has to be Shaka Smart's Virginia Commonwealth Rams. When you've got Spike Lee repping your school's jersey at a game, then you know that your team is on the map. The question remains: Who will you have as your Cinderella teams? Most importantly, who will you have winning this year's March Madness?

Baseball off to Strong Start

Rich Efrus
STAFF WRITER

Montclair State University has returned home from the Snowbird Classic in Port Charlotte, Fla. The team had a 4-2 record and they now have a 5-3 overall record for the season.

In the first game of the Classic, MSU beat the two-time defending champion, No. 3 Marietta. Lefthander Dylan Papa blanked Marietta, striking out eight in his complete game effort. It was his second win of the season. In the fourth inning, Stephen Nappe drilled a shot over the left field fence.

It was his first homerun of the season, giving the Red Hawks a 2-0 lead. It would be all the offense they needed. After the game, Papa commented on the win and his complete game shutout, mentioning that it would not have been possible without his teammates and some great plays in the field.

“To start the Snowbird Classic off with a win was great, and for it to be against Marietta was even better. We knew going into that game that we had to play our best all around baseball and we did that. I was completely confident in my teammates behind me, and without spectacular plays on defense, the shutout would never have been a possibility,” said Papa.

In the second game, Montclair suffered a loss to Heidelberg University, 6-1. Third baseman Michael Rizzo was the only Red Hawk to cross home plate. He scored on a fielder’s choice in the sixth off of the bat of second baseman Lou Martini. John Sil-



Photo courtesy of Sports Information.

Senior catcher Scott Glozzy sliding into base. Glozzy is currently batting .379 and has recorded six RBIs and six runs while striking out only four times in 29 at-bats.

vestri took the loss for the Red Hawks and Ethan Holt picked up the win for Heidelberg University.

On March 12, Montclair State was determined to come out and pick up a win after their previous loss to Heidelberg. They did just that, beating the Baldwin Wallace Yellow Jackets 6-3. By the end of the third inning, the Red Hawks had a controlling 5-0 lead.

Nicholas Martins had two hits and batted in two runs. Catcher Scott Glozzy went 3-4. Glozzy and Stephen Nappe both had RBI singles and Matt Moreno also added an RBI for MSU.

The Yellow Jackets battled to pick up runs in the seventh and eighth innings. Travis Della Volpe got the victory to improve to 1-1 on

the season, and Christopher Reynolds recorded the final two outs in the ninth to pick up his first save of the season.

Montclair entered their game against The College of Wooster coming off a good offensive game and a big win. Their bats stayed hot as they beat The College of Wooster 10-4. Jonathan Torregroza pitched eight solid innings, striking out seven. Mike Tolerico batted in three runs and Jose Carlos Padilla had two hits and two RBIs for MSU.

On March 14, the Red Hawks took on Ohio Wesleyan University. Right fielder Timothy Byron had a huge game for Montclair State, driving in five runs. Catcher Anderson Rosa and left fielder Matt Moreno also had two RBIs each. Kyle Papp got the win for the Red

Hawks, his first of the season.

For Ohio Wesleyan, Daniel Kasian got the loss, giving up five runs on five hits in 4 1/3 innings pitched. The victory was the Red Hawks’ third straight win.

In the final game of the Snowbird Classic, the Red Hawks lost to Wheaton College, 2-1. The loss was a tough one for the Red Hawks despite their effort. The game was tied 1-1 until the bottom of the ninth when Wheaton catcher Dan Gusovsky doubled and Apolinar De la Cruz scored from second base to win the game 2-1.

Dylan Papa pitched another great game, going 8 1/3 innings and striking out five batters. His record is now 2-1 on the season. The lone Red Hawk run was scored in the sixth inning when Jose

Carlos Padilla grounded to the shortstop and was thrown away.

That allowed Matt Moreno to score, as the Red Hawks tied the game at 1. Eric Dumas was credited with the victory for Wheaton.

The Red Hawks’ upcoming schedule includes a game at home against Moravian College followed by a three-game road trip. The team will travel to Ohio to play Marietta College, John Carroll University and Muskingum University. On Wednesday, the Red Hawks will take on Moravian College at Yogi Berra Stadium at 3:30 p.m.

Dylan Papa was named one of Montclair State’s Athletes of the Week. He was 1-1 at the Snowbird Classic with a complete game shutout victory against Marietta.

Rec Center Celebrates Fifth Anniversary

Levon Syers
STAFF WRITER

Celebrating the Student Recreation Center’s five years as part of Montclair State University, the Department of Campus Recreation hosted a large variety of free events this week to help students perk up following the continuation of the Spring 2013 semester.

The collaborative effort included activities hosted from each particular area within Campus Recreation, including Intramural Sports, Club Sports, Aquatics, Group Fitness and Special Events.

The week-long affair has presented the opportunity for Montclair students to meet new students, get involved in different activities and to win a variety of prizes by participating in various sports events. The more that students participate in events, the more likely the chances that they will be able to win one of the many raffle prizes being given out on March 25.

Moreover, the department also hosted a variety of other special events that spanned over the course of the week, which included tie-dyeing, birdhouse painting and flowerpot decorating.

As mentioned, the anniversary provided an opportunity for all areas within Campus Recreation to come together and host events, which ranged from water volleyball to “Yoga Glow,” yoga done in the dark with glow sticks and ultraviolet light.

Many of the events required a significant amount of preparation as indicated by Alex Sperling, Aquatics and Summer Programs Coordina-



Photo courtesy of Levon Syers.

Ryan Fisher, Area Supervisor of Special Events goes over the week-long events to celebrate the recreation center’s fifth anniversary.

tor at Campus Recreation.

“We’ve put a lot of work into planning small, quick and fun events for students spread throughout the week,” said Sperling. “We also set up opportunities to reward faithful use of the pool by both students as well as faculty, staff and alumni by offering a pool-only raffle.”

When asked what Sperling thought regarding the events being held, he remarked, “If I were a student, I would [have been] most interested in the Luau on Thursday or the NCAA Dive-In Basketball game on Wednesday. The events offer an easy way to relax and have fun with friends without a whole lot of stress.”

Since the center opened its doors in 2008, Campus Recreation has seen significant changes as a whole and continues to find ways to spark interests within the student community by providing

events such as the ones being held this week. Nobody has witnessed these changes more than director Romaine Eaker-Kelly, who has been with the department since its beginning.

When asked about this week, Eaker-Kelly said, “I feel we are highlighting the total of all five years and how far the department has come with the existence of the facility. This week is a celebration of different programs that will attract different students and their interests.”

“Low key or active, we feel there is something for everyone, leading up to an overall exciting week.” When asked what activity she would be most interested in participating in this week, Eaker-Kelly responded, “Yoga Glow! It is a great idea!”

In addition to the enthusiasm and effort put forth from the professional staff at

Campus Recreation, the students associated with the department have also been heavily involved with facilitating and planning, adding the necessary elbow grease to ensure the week’s events were a success.

Katherine Drake, a sophomore and Intramural Sports official, spoke about some of the events being prepared this week in her department: “In planning Intramural Sports specifically, we needed to have a meeting this week to figure out what officials to schedule for what tournaments and events that were occurring. If other departments needed help for other events, there were people here that could volunteer to help out where they could.”

Ryan Fisher, graduate student and Area Supervisor of Special Events also had his hands full this week with preparation.

“For this week, we needed to come up with activities that were unlike the other events, which is why we decided on activities such as tie-dyeing and birdhouse painting. We also needed to get the necessary supplies for the events and market them to as many people on campus as we could,” Fisher continued.

“The weekly Rec Board Meetings, the Trivia Bowl and everything else has been tied into the anniversary week, which adds to the overall excitement for everyone,” Fisher said

When asked what he thought about the events, Fisher responded, “Ideally, we want people to realize that the Student Recreation Center is more than a fitness facility or a gym. There is always something going on for everyone, and you don’t have to be one specific type of person to fit in.”

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Baseball		
	NJAC	Overall
Ramapo	0-0	6-1
W. Paterson	0-0	7-2
Rowan	0-0	8-3
Kean	0-0	10-4
RU-Camden	0-0	7-4
MSU	0-0	5-3
NJCU	0-0	6-4
Stockton	0-0	7-9
TCNJ	0-0	4-7
RU-Newark	0-0	2-8
<u>This Week.</u>		
3/20 @ Marietta		3 p.m.
<u>Last Week</u>		
3/15 Wheaton 2, MSU 1		

Mens Lacrosse		
	Skyline	Overall
Kean	0-0	5-1
MSU	0-0	4-2
Mt. St. Mary	0-0	3-3
Mt. St. Vincent	0-0	3-3
Stockton	0-0	2-3
Maritime	0-0	3-5
Farmingdale	0-0	1-4
<u>This Week.</u>		
3/23 @ Mt. St. Mary		1 p.m.
<u>Last Week</u>		
3/16 MSU 16, Manhattanville 3		



Womens Lacrosse		
	NJAC	Overall
TCNJ	2-0	4-1
MSU	1-0	5-0
Rowan	0-0	3-3
Kean	0-1	5-1
RU-Camden	0-1	3-4
Ramapo	0-1	0-4
<u>This Week.</u>		
3/21 vs. Scranton		1 p.m.
<u>Last Week</u>		
3/16 MSU 17, TCOW 1		

Softball		
	NJAC	Overall
MSU	0-0	10-0
Stockton	0-0	10-0
Rowan	0-0	10-3
TCNJ	0-0	9-3
RU-Camden	0-0	6-3
Ramapo	0-0	4-2
RU-Newark	0-0	4-2
Kean	0-0	6-4
NJCU	0-0	4-4
W. Paterson	0-0	1-5
<u>This Week.</u>		
3/21 vs. DeSales		3:30 p.m.
<u>Last Week</u>		
3/15 MSU 4, Millikin 0		

WHO'S HOT



Tierney Conlon
Attacker — Lacrosse
In last week's games, Conlon recorded seven goals and five assists to bring her season totals to 12 and 19. Conlon leads the Red Hawks with 31 points.

Jamie Paulino
Infield — Softball
Paulino, who had at least two hits in seven of the eight games, drove in five runs, stole two bases and had a slugging percentage of .655 during the Red Hawks' 8-0 run in Florida.



THIS WEEK

GAME OF THE WEEK

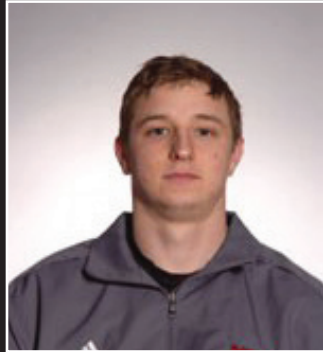


Softball
vs. DeSales University
March 21, 3:30 p.m.

Currently 10-0, the Red Hawks look to extend their winning streak to 12 games with a double-header against DeSales.

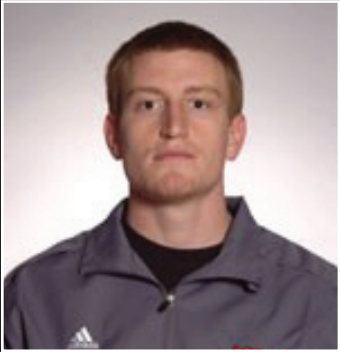
For updates, check out:
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WHO'S HOT



Sam Morrissey
Attacker — Lacrosse
In the Red Hawks' last two games, Morrissey recorded five goals and two assists for seven points. Morrissey leads MSU with 47 shots.

Kenneth Bogert
Midfielder — Lacrosse
Bogert won 21 of 28 faceoffs, collected 18 ground balls and recorded two goals in two games. Bogert is currently fifth on the team in shots on goal percentage with .667.



THIS WEEK

GAME OF THE WEEK



Mens Lacrosse
@ Mount Saint Mary
March 23, 1 p.m.

The Red Hawks will open up their conference play against the 3-3 Knights of Mount Saint Mary.

For updates, check out:
www.montclairathletics.com
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Sports

Mens Lacrosse Splits Weekend

P.24

Check out
Montclairathletics.com
for schedules and
statistics

Rec Center Celebrates
Fifth Anniversary

P. 25

MontclarionSports@gmail.com

Softball Extends Streak to 10 for Perfect Start

Mike Panepinto
STAFF WRITER

The number one nationally ranked Montclair State University Lady Red Hawks started their 2013 softball season off with a bang in Kissimmee, Fla.

MSU won all ten of their Rebel Spring Games over their five-day stay in Florida. Montclair State recorded shutouts in five of their ten games. Two of the Lady Red Hawks' five shutouts came on the opening day of play.

MSU started off their schedule on Sun, March 10 against the Albion College Lady Britons. Montclair State won handily in five innings by a final score of 9-0.

Junior pitcher Alex Hill was outstanding, going four innings by throwing a two-hit shutout and recording 10 strikeouts. Sophomore pitcher Jennifer Skinner mopped up and allowed no hits in her one inning of relief.

Senior Kelli O' Brien and sophomore designated player Tara Petrucelli each had two RBIs apiece for the Lady Red Hawks in the win.

That same day, MSU took on and defeated the Mount Union College Lady Purple Raiders, 3-0. Hill came out firing on the mound and never stopped, as she threw a complete game one-hit shutout and retired 15 batters by way of the strikeout.

Junior third-baseman Dana Amato came through with two key RBIs to help propel Montclair State to the win.

The Lady Red Hawks' next clean sheet came on Mon, March 11 against the United States Coast Guard Academy Lady Bears, where the final score was 2-0.



Photo courtesy of Sports Information.

Alex Hill is dominating on the mound for the Red Hawks. In 10 games, Hill has 92 strikeouts and has only let up 13 hits, eight walks and one run. Hill also has a near-perfect ERA of .140 through 48.1 innings pitched.

Hill once again went the distance, and this time finished with a three-hit shutout and 14 strikeouts. Hill helped herself out at the plate as she had one RBI and her teammate, second baseman Katie Muglia, produced the other RBI.

MSU came through with another shutout on Thu, March 14 as Montclair State defeated The Sage College's Lady Gators, 7-0. Junior Alison Cullen got a chance to show off her pitching and she impressed as she pitched a four-hit shutout through 6 2/3 innings.

Freshman Jaclyn Allegretta had a big day as she

drove in two RBIs for the Lady Red Hawks. Senior Jamie Paulino also had a solid game as she had two hits and one RBI.

The Lady Red Hawks' final shutout came in their last contest of the Rebel Spring Games against the Millikin University Lady Big Blue, 4-0.

Hill came up with another complete game, once again pitching a shutout and striking out 10 while only giving up three hits. Amato pulled through for MSU with two RBIs, while Allegretta had two hits and one RBI.

On Mon, March 11, MSU squared off with the Transylvania University Lady Pioneers. Montclair State took care of business and won comfortably 7-1. Hill went six innings and allowed no runs and two hits while recording eight strikeouts. Jennifer Skinner allowed one run in relief.

O'Brien had a wonderful day, as she had three hits and two RBIs while her teammate Petrucelli had two hits and two RBIs for the Lady Red Hawks.

On Wed, March 13, MSU defeated the Defiance College Lady Yellow Jackets, 6-2. Hill pitched another mas-

terful game as she went 6 1/3 innings, only gave up one hit, allowed no runs and struck out 13.

Junior first-baseman Alisha Cumberton helped lead Montclair State to the win with two hits and two RBIs.

The Lady Red Hawks notched their second victory of the day, as they cruised to an 11-2 victory over Wheaton College.

Cullen pitched the first 3 1/3 innings as she gave up two runs off five hits. Hill finished off the other 2 2/3 innings by not letting any batters get on base.

Amato had a monster day as she recorded two hits and four RBIs. Teammates Allegretta and Paulino were not far behind her as they had three hits, two RBIs and two hits with three RBIs respectively.

On Thu, March 14, MSU won 9-1 over the Lakeland College Lady Muskies. Hill came through with another great game by pitching five innings and giving up one run off one hit.

Petrucelli had the big game this time as she produced three hits and two RBIs, while her teammate Muglia had one hit and three RBIs.

The closest game Montclair State played was against the College of Mount St. Joseph Lady Lions on Fri, March 15.

The Lady Red Hawks squeaked out the 3-2 win in eight innings. Cullen started the game and went 4 2/3 innings giving up two runs off four hits.

Hill closed out the final 3 1/3 innings by not allowing any baserunners. MSU got the winning run by way of an error. Amato, Petrucelli and Muglia had one RBI each.

MSU softball Pitcher Alex Hill collected her second consecutive NJAC Softball Pitcher of the Week Award. So far this season, Hill is 9-0 with an ERA of 0.14.

Hill currently leads the conference in strikeouts with 92 and she recently broke Carolyn McCrea's Montclair State record of 597 strikeouts by posting 613 strikeouts.

The Lady Red Hawks home opener scheduled against Baruch College on Tues, March 19 has been postponed. MSU's home opener double-header is slated to be on Thu, March 21 against DeSales University with the first game starting at 3:30 p.m.



Photo courtesy of Sports Information.

The Red Hawks are currently 10-0 and show potential to extend their hot streak.

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